

May 2024

Lidgerwood Senior Center

538-4602

Home Delivered Meals, Carry Out Meals and Congregate Meals are a suggested donation of \$4.00 per meal for people 60 + and their spouse of any age. Under 60 is a charge of \$9.00 per meal.
 All meals include 1% milk. Menus are subject to change.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 2 Taco Casserole Spanish Rice Refried Beans Corn Rosy Applesauce	3
6 Honey Chicken Glazed Sweet Potatoes Beets Pear Dessert Bake Bread x2	7 Roast Turkey / Gravy Mashed Potatoes Parslied Carrots Blushing Pineapple Bread x2	8	9 Southern Valley Aging Expo Wahpeton Community Center 11am-3pm Sloppy Joe on a Bun Baked Beans Oven Baked Fries Tropical Fruit	10
13 Stuffed Shells / Sauce House Salad Italian Blend Veggies Grapes Dessert Breadstick	14 Porcupine Meatballs Mashed Potatoes Prince Edward Veggies Heavenly Hash Bread x2	15	16 Sweet and Sour Chicken White & Wild Rice Blend Japanese Stir Fry Marinated Vegetable Salad Strawberries Bread	17
20 Beef Steak & Gravy Mashed potatoes Green beans /thyme Mandarin Oranges Bread x2	21 BBQ Pork Ribs Baked Sweet Potato Mixed Veggies Apple Brown Betty Bread x2	22	23 Tangy Meatloaf Parslied Potatoes Country Blend Veggies Fruit Cocktail Bread x2	24
27 CLOSED	28 Pork Chop / Mushroom Sauce Seasoned Egg Noodles Lemon Asparagus Marinated Cucumbers Kiwi Bread	29 Grilled Chicken on Bun French Fries Lettuce Tomato Onion Peas & Carrots Fresh Fruit Salad	30 Parmesan Baked Cod Sweet Potato Hash Summer Slaw Garlic Toast Cantaloupe	31