# HILLSBORO MENU (701-636-5954)



**SEE PAGES 6-7 FOR ALL SITE MENUS-INFO ON ORDERING A MEAL FOR ALL SITES ON PAGE 2**

**MEALS ON WHEELS & TAKE OUT/ MEALS AT CENTERS**

**Suggested donation $4.00 a meal for people 60+ and spouse of 60+;UNDER 60 IS A CHARGE OF $11.75 PER MEAL**

**Please call 701-636-5954 one day in advance by 2 pm Tuesday through Friday to reserve a meal (for Monday call by 2pm Friday)**

ALL MEALS INCLUDE 8oz 1% MILK

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|---|---|---|---|
| **02** | **03** | **04** | **05** | **06** |
| Chicken Monterey<br>Brown Rice<br>Prince Edward Veggie<br>Banana<br>Whole Grain Breadstick | Seasoned Pork Roast<br>Roasted Sweet Potatoes<br>Roasted Brussels Sprouts<br>Mandarin Oranges<br>Wheat Bread x 2 | Salmon Loaf<br>Roasted Red Potatoes<br>Mixed Veggies<br>Berry Crisp<br>Wheat Dinner Roll | Italian Pasta Bake<br>House Salad<br>Zucchini<br>Grapes<br>Wheat Bread x 1 | Beef Steak & Gravy<br>Mashed Potatoes<br>Green Beans w/ Thyme<br>Blueberries<br>Wheat Dinner Roll |
| **09** | **10** | **11** | **12** | **13** |
| Chicken Fried Steak<br>Cream Gravy<br>Potatoes & Onions<br>Lemon Butter Broccoli<br>Fruit Cocktail<br>Wheat Bread x 1 | Sweet & Sour Pork<br>Fried Rice<br>Veggie Egg Roll<br>Oriental Blend Veggies<br>Seasonal Fresh Fruit<br>Wheat Bread x1 | CLOSED<br> | Potato Chive Crusted Cod<br>Cheesy Hashbrowns<br>Savory Carrots<br>Cinnamon Applesauce<br>Wheat Bread x 2 | Chicken Supreme<br>Mashed Potatoes<br>Prince Edward Veggies<br>Blushing Pineapple<br>Wheat Bread x 2 |
| **16** | **17** | **18** HOLIDAY MEAL | **19** | **20** |
| Chicken Drumsticks<br>Baby Red Potatoes<br>Seasoned Green Peas<br>Chilled Mandarin Oranges<br>Whole Grain Biscuit | Meatballs<br>Brown Rice<br>Seasoned Broccoli<br>House Salad<br>Mixed Fruit<br>Wheat Bread x 1 | Roast Turkey & Poultry Gravy<br>Mashed Potatoes<br>Green Bean Casserole<br>Sage Bread Dressing<br>Cranberry Sauce<br>Pumpkin Pie<br>Lefse | Macaroni Hotdish<br>Green Beans<br>Mandarin Oranges<br>Breadstick | Honey Roast Pork Chop<br>Coconut Rice<br>Baby Lima Beans<br>Hawaiian Roll<br>Watermelon |
| **23** | **24** | **25** | **26** | **27** |
| Pork Wings<br>Scalloped Potatoes<br>Seasoned Carrots<br>Pears<br>Dinner Roll | Tater Tot Casserole<br>Southwest Corn<br>Sliced Apples<br>Wheat Bread x 1 | Turkey a la King<br>Fluffy Rice<br>Pacific Blend Veggies<br>Fresh Grapes<br>Whole Grain Biscuit | CLOSED<br> | CLOSED |
| **30** | | | | |
| Parmesan Chicken<br>Angel Pasta/Marinara<br>Italian Blend Veggies<br>Strawberries<br>Garlic Bread | | | | |



# 06 MAYVILLE (701-788-3453)-PORTLAND (701-788-3410)

| MONDAY MAYVILLE | TUESDAY PORTLAND | WEDNESDAY MAYVILLE | THURSDAY PORTLAND | FRIDAY MAYVILLE |
|---|---|---|---|---|
| **02**<br>Chicken Monterey<br>Brown Rice<br>Prince Edward Veggie<br>Banana | **03**<br>Seasoned Pork Roast<br>Roasted Sweet Potatoes<br>Roasted Brussels Sprouts<br>Mandarin Oranges | **04**<br>Salmon Loaf<br>Roasted Red Potatoes<br>Mixed Veggies<br>Berry Crisp | **05**<br>Italian Pasta Bake<br>House Salad<br>Zucchini<br>Grapes | **06**<br>Beef Steak & Gravy<br>Mashed Potatoes<br>Green Beans w/ Thyme<br>Blueberries |
| **09**<br>Chicken Fried Steak<br>Cream Gravy<br>Potatoes & Onions<br>Lemon Butter Broccoli<br>Fruit Cocktail | **10**<br>Sweet & Sour Pork<br>Fried Rice<br>Veggie Egg Roll<br>Oriental Blend Veggies<br>Seasonal Fresh Fruit | **11**<br>CLOSED | **12**<br>Potato Chive Crusted Cod<br>Cheesy Hashbrowns<br>Savory Carrots<br>Cinnamon Applesauce | **13**<br>Chicken Supreme<br>Mashed Potatoes<br>Prince Edward Veggies<br>Blushing Pineapple |
| **16**<br>Chicken Drumsticks<br>Baby Red Potatoes<br>Seasoned Green Peas<br>Chilled Mandarin Oranges | **17**<br>Meatballs<br>Brown Rice<br>Seasoned Broccoli<br>House Salad<br>Mixed Fruit | **18**<br>Roast Turkey & Poultry Gravy<br>Mashed Potatoes<br>Green Bean Casserole<br>Sage Bread Dressing<br>Cranberry Sauce<br>Pumpkin Pie / Lefse | **19**<br>Macaroni Hotdish<br>Green Beans<br>Mandarin Oranges | **20**<br>Honey Roast Pork Chop<br>Coconut Rice<br>Baby Lima Beans<br>Hawaiian Roll<br>Watermelon |
| **23**<br>Pork Wings<br>Scalloped Potatoes<br>Seasoned Carrots<br>Pears | **24**<br>Tater Tot Casserole<br>Southwest Corn<br>Sliced Apples | **25**<br>Turkey a la King<br>Fluffy Rice<br>Pacific Blend Veggies<br>Fresh Grapes | **26**<br>CLOSED | **27**<br>CLOSED |
| **30**<br>Parmesan Chicken<br>Angel Pasta/Marinara<br>Italian Blend Veggies<br>Strawberries | | | | |

# Part D Open Enrollment

## MEDICARE PART D OPEN ENROLLMENT

## Protect Yourself from Scams During Medicare Open Enrollment

Every year, scammers become more active during the Medicare Open Enrollment Period. They may target people with Medicare to steal their money, personal information, or both. Open Enrollment runs from October 15 through December 7. As you review your health and prescription plans, learn how to spot and avoid scams.

### WATCH OUT FOR MEDICARE SCAMS

Scammers may pretend to be from Medicare. They may contact you when you are not expecting a call, text, or email. They may:

- Sound professional and know some of your personal information.
- Say you need a "new" or "updated" Medicare card.
- Ask for your Medicare number, bank account number, or credit card number.
- Offer you cash or gifts if you switch to their plan.
- Try to scare you by saying you must join a plan, or you will not have coverage next year.

### REMEMBER

- Medicare cards are free. Medicare will mail your card to you automatically.
- Real Medicare representatives will not contact you out of the blue to ask for your Medicare number, financial information, or payment.

### HOW TO PROTECT YOURSELF

**Follow these tips to help protect yourself from Medicare scams during Open Enrollment:**

- Do not share your information with unexpected callers.

*(Continued on page 7)*

# BUXTON (701-847-2069)

| MONDAY | WEDNESDAY | FRIDAY |
|---|---|---|
| **02**<br>Chicken Monterey<br>Brown Rice<br>Prince Edward Veggie<br>Banana | **04**<br>Salmon Loaf<br>Roasted Red Potatoes<br>Mixed Veggies<br>Berry Crisp | **06**<br>Beef Steak & Gravy<br>Mashed Potatoes<br>Green Beans w/ Thyme<br>Blueberries |
| **09**<br>Chicken Fried Steak<br>Cream Gravy<br>Potatoes & Onions<br>Lemon Butter Broccoli | **10 -Tuesday**<br>Sweet & Sour Pork<br>Fried Rice<br>Veggie Egg Roll<br>Oriental Blend Veggies | **13**<br>Chicken Supreme<br>Mashed Potatoes<br>Prince Edward Veggies<br>Blushing Pineapple |
| **16**<br>Chicken Drumsticks<br>Baby Red Potatoes<br>Seasoned Green Peas<br>Chilled Mandarin Oranges | **18**<br>Roast Turkey & Poultry Gravy<br>Mashed Potatoes<br>Green Bean Casserole<br>Sage Bread Dressing<br>Cranberry Sauce<br>Pumpkin Pie/Lefse | **20**<br>Honey Roast Pork Chop<br>Coconut Rice<br>Baby Lima Beans<br>Hawaiian Roll<br>Watermelon |
| **23**<br>Pork Wings<br>Scalloped Potatoes<br>Seasoned Carrots<br>Pears | **24 - Tuesday**<br>Tater Tot Casserole<br>Southwest Corn<br>Sliced Apples | **25 - Wednesday**<br>Turkey a la King<br>Fluffy Rice<br>Pacific Blend Veggies<br>Fresh Grapes |
| **30**<br>Parmesan Chicken Angel<br>Pasta/Marinara<br>Italian Blend Veggies<br>Strawberries | | |

# FINLEY (701-524-1818)

| MONDAY | WEDNESDAY | FRIDAY |
|---|---|---|
| **02**<br>Chicken Monterey<br>Brown Rice<br>Prince Edward Veggie<br>Banana | **04**<br>Salmon Loaf<br>Roasted Red Potatoes<br>Mixed Veggies<br>Berry Crisp | **06**<br>Beef Steak & Gravy<br>Mashed Potatoes<br>Green Beans w/ Thyme<br>Blueberries |
| **09**<br>Chicken Fried Steak<br>Cream Gravy<br>Potatoes & Onions<br>Lemon Butter Broccoli | **10 -Tuesday**<br>Sweet & Sour Pork<br>Fried Rice<br>Veggie Egg Roll<br>Oriental Blend Veggies | **13**<br>Chicken Supreme<br>Mashed Potatoes<br>Prince Edward Veggies<br>Blushing Pineapple |
| **16**<br>Chicken Drumsticks<br>Baby Red Potatoes<br>Seasoned Green Peas<br>Chilled Mandarin Oranges | **18**<br>Roast Turkey & Poultry Gravy<br>Mashed Potatoes<br>Green Bean Casserole<br>Sage Bread Dressing<br>Cranberry Sauce<br>Pumpkin Pie/Lefse | **20**<br>Honey Roast Pork Chop<br>Coconut Rice<br>Baby Lima Beans<br>Hawaiian Roll<br>Watermelon |
| **23**<br>Pork Wings<br>Scalloped Potatoes<br>Seasoned Carrots<br>Pears | **24 - Tuesday**<br>Tater Tot Casserole<br>Southwest Corn<br>Sliced Apples | **25 - Wednesday**<br>Turkey a la King<br>Fluffy Rice<br>Pacific Blend Veggies<br>Fresh Grapes |
| **30**<br>Parmesan Chicken Angel<br>Pasta/Marinara<br>Italian Blend Veggies<br>Strawberries | | |

# MEDICARE PART D OPEN ENROLLMENT

*(Continued from page 6)*

- Medicare may ask you to verify information when you contact Medicare first.
- Medicare will not try to sell you a plan or make you pay for a Medicare card.

**DO NOT TRUST YOUR CALLER ID.**

- A scammer can make a call look like it is coming from Medicare.
- If you are not sure, hang up and call 1-800-MEDICARE (1-800-633-4227).

**GET HELP COMPARING MEDICARE PLANS.**

- North Dakota Insurance Department will be available by telephone for enrollment assistance. Call 701-328-2440 Option #1 or 1-888-575-6611.
- You can also visit Medicare.gov, the official U.S. government website for Medicare.
- Or call 1-800-MEDICARE (1-800-633-4227).
- Community of Care will provide assistance with Part D open enrollment in Arthur, ND at 335 1st Street. Call Lauren at 701-967-8502 for appointments.
- Valley Senior Services Resource Specialists will conduct Part D comparison sessions for 2027 Medicare Part D Prescription Drug Plans at their Fargo office. For appointments, please call 701-356-1434 and leave a message. Walk-ins cannot be accomodated.
- Hillsboro Drug will help compare plans and apply for Medicare Part D Call Randy at 701-636-5231. *Must be a client of Hillsboro Drug.*
- Aasen Drug in Mayville will help compare plans but not assist with applying. Call Markus at 701-788-2552.