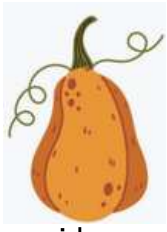
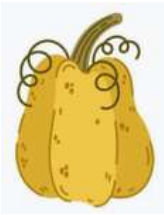
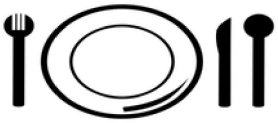
November 2026 Wahpeton Senior Center 642-3033

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
02	**03**	**04 Birthday Dinner**	**05**	**06**
Honey Chicken Glazed Sweet Potatoes California Blend Veggies Pear Wheat Bread x 2	Pork Chop & Mushroom Sauce Seasoned Egg Noodles Marinated Cucumbers Lemon Asparagus Kiwi Dinner Roll	Chicken Kiev O'Brien Potatoes Green Bean Oregano Fruit Cocktail Wheat Bread Cake	BBQ Beef on a Bun Mashed Potatoes Southwest Corn Mandarin Oranges	Turkey a la King Fluffy Rice Pacific Blend Veggies Fresh Grapes Biscuit
09	**10**	**11 CLOSED**	**12**	**13**
Swiss Steak Buttered Red Potatoes Country Blend Veggies Raspberries Wheat Bread x 1	Honey Citrus Salmon Wild Rice Pilaf Seasoned Snow Peas Whole Orange Dinner Roll	**Thank you for serving, Veterans!** If you would like a frozen meal, please call the office at 701-642-3033	Beef Soft Tacos - 2 Spanish Rice Caribbean Veggie Blend Salsa Guacamole Banana	Parmesan Chicken Buttered Spaghetti Marinara Sauce Prince Edward Veggies Fresh Fruit Salad Breadstick
16	**17**	**18**	**19 THANKSGIVING**	**20**
Thai Beef w/ Basil Garlic Noodles Asian Blend Veggies Mango Wheat Bread x 2	Eggs Benedict Casserole Hollandaise Rosemary Potatoes Lemon Walnut Broccoli Cherry Crisp	Italian Sausage & Peppers Sesame Brown Rice Italian Blend Veggies Cantaloupe - 1 Cup Wheat Bread x 2	Roast Turkey w/ Gravy Mashed Potatoes Sage Bread Dressing Green Bean Almondine Cranberry Sauce Dinner Roll Pumpkin Pie	Mushroom Swiss Burger Roasted Red Potatoes Pepper Medley Apricots
23	**24**	**25**	**26 CLOSED**	**27 CLOSED**
Lemon Pepper Fish Whipped Sweet Potato Garden Blend Veggies Pineapple Wheat Bread	Chicken Fried Steak Cream Gravy Potatoes & Onions Savory Carrots Ambrosia Wheat Bread	Seafood Pasta Primavera House Salad & Dressing Seasoned Green Peas Strawberry Applesauce Breadstick	**Happy Thanksgiving!** If you would like a frozen meal, please call the office at 701-642-3033	If you would like a frozen meal, please call the office at 701-642-3033
30				
Chicken Paprikash Mashed Potatoes Corn Apple Wheat Bread x 2				



All of our meal sites provide congregate, carryout, and home delivered meals. **Please call your meal site by 9am on the day you would like to eat.** All meals include 1% milk. If you live in Richland County but do not have a meal site near you, frozen meals are available.

Meals are a suggested donation of $4.00 per meal for people 60+ and their spouse of any age. Under the age of 60 is a charge of $11.75 per meal.

November 2026 — Abercrombie Senior Center — 553-8759

2 Pork Chop & Mushroom Sauce Seasoned Egg Noodles Marinated Cucumbers Lemon Asparagus Kiwi | Dinner Roll	**3** Chicken Kiev O'Brien Potatoes Green Bean Oregano Fruit Cocktail Wheat Bread | Cake	**4** BBQ Beef on a Bun Mashed Potatoes Southwest Corn Mandarin Oranges
9 Swiss Steak Buttered Red Potatoes Country Blend Veggies Raspberries | Wheat Bread	**10** Honey Citrus Salmon Wild Rice Pilaf Seasoned Snow Peas Whole Orange | Wheat Roll	**12** Parmesan Chicken & Marinara Buttered Spaghetti Prince Edward Veggies Fresh Fruit | Breadstick
16 Italian Sausage & Peppers Sesame Brown Rice Italian Blend Veggies Cantaloupe - 1 Cup Wheat Bread x 2	**17** Mushroom Swiss Burger Roasted Red Potatoes Pepper Medley Apricots	**18** **Thanksgiving Dinner** Roast Turkey w/ Gravy Mashed Potatoes Sage Bread Dressing Green Bean Almondine Cranberry Sauce Roll | Pumpkin Pie
23 Lemon Pepper Fish Whipped Sweet Potato Garden Blend Veggies Pineapple Wheat Bread	**24** Chicken Fried Steak Cream Gravy Potatoes & Onions Savory Carrots Ambrosia | Wheat Bread	**25** Seafood Primavera House Salad & Dressing Seasoned Green Peas Strawberry Applesauce Breadstick
30 Chicken Paprikash Mashed Potatoes Corn Apple | Wheat Bread x 2		

November 2026 — Hankinson Senior Center — 242-7742

3 Thai Beef w/ Basil Garlic Noodles Asian Blend Veggies Mango Wheat Bread x 2	**4** Turkey a la King Fluffy Rice Pacific Blend Veggies Fresh Grapes Biscuit	**6** Seafood Pasta Primavera House Salad & Dressing Seasoned Green Peas Strawberry Applesauce Breadstick
9 BBQ Beef on a Bun Mashed Potatoes Southwest Corn Mandarin Oranges	**10** Italian Sausage & Peppers Sesame Brown Rice Italian Blend Veggies Cantaloupe - 1 Cup Wheat Bread x 2	**13** Chicken Kiev O'Brien Potatoes Green Bean Oregano Fruit Cocktail Wheat Bread | Cake
17 Mushroom Swiss Burger Roasted Red Potatoes Pepper Medley Apricots	**18** **Thanksgiving Dinner** Roast Turkey w/ Gravy Mashed Potatoes Sage Bread Dressing Green Bean Almondine Cranberry Sauce Roll | Pumpkin Pie	**20** Pork Chop & Mushroom Sauce Seasoned Egg Noodles Marinated Cucumbers Lemon Asparagus Kiwi Dinner Roll
23 Honey Chicken Glazed Sweet Potatoes California Blend Veggies Pear | Wheat Bread x 2	**24** Beef Soft Tacos - 2 Spanish Rice Caribbean Veggie Blend Salsa & Guacamole Banana	**25** Lemon Pepper Fish Whipped Sweet Potato Garden Blend Veggies Pineapple | Wheat Bread

November 2026 — Lidgerwood Senior Center — 538-4602

2 Honey Chicken Glazed Sweet Potatoes California Blend Veggies Pear Wheat Bread x 2	**3** Chicken Kiev O'Brien Potatoes Green Bean Oregano Fruit Cocktail Wheat Bread | Cake	**5** BBQ Beef on a Bun Mashed Potatoes Southwest Corn Mandarin Oranges
9 Swiss Steak Buttered Red Potatoes Country Blend Veggies Raspberries | Wheat Bread	**10** Honey Citrus Salmon Wild Rice Pilaf Seasoned Snow Peas Whole Orange | Wheat Roll	**12** Beef Soft Tacos - 2 Spanish Rice Caribbean Veggie Blend Salsa & Guacamole | Banana
16 Italian Sausage & Peppers Sesame Brown Rice Italian Blend Veggies Cantaloupe - 1 Cup Wheat Bread x 2	**17** Mushroom Swiss Burger Roasted Red Potatoes Pepper Medley Apricots	**19** **Thanksgiving Dinner** Roast Turkey w/ Gravy Mashed Potatoes Sage Bread Dressing Green Bean Almondine Cranberry Sauce Roll | Pumpkin Pie
23 Lemon Pepper Fish Whipped Sweet Potato Garden Blend Veggies Pineapple Wheat Bread	**24** Chicken Fried Steak Cream Gravy Potatoes & Onions Savory Carrots Ambrosia | Wheat Bread	**25** Seafood Primavera House Salad & Dressing Seasoned Green Peas Strawberry Applesauce Breadstick
30 Chicken Paprikash Mashed Potato Corn Apple | Wheat Bread x 2		

November 2026 — Wyndmere Senior Center — 439-2907

2 Honey Chicken Glazed Sweet Potatoes California Blend Veggies Pear | Wheat Bread x 2	**3** Pork Chop & Mushroom Sauce Seasoned Egg Noodles Marinated Cucumbers Lemon Asparagus Kiwi | Dinner Roll	**5** BBQ Beef on a Bun Mashed Potatoes Southwest Corn Mandarin Oranges
9 Swiss Steak Buttered Red Potatoes Country Blend Veggies Raspberries | Wheat Bread	**10** Honey Citrus Salmon Wild Rice Pilaf Seasoned Snow Peas Whole Orange Wheat Roll	**12** Beef Soft Tacos - 2 Spanish Rice Caribbean Veggie Blend Salsa & Guacamole Banana
16 Thai Beef w/ Basil Garlic Noodles Asian Blend Veggies Mango Wheat Bread x 2	**17** Eggs Benedict Casserole Hollandaise Rosemary Potatoes Lemon Walnut Broccoli Cherry Crisp	**19** **Thanksgiving Dinner** Roast Turkey w/ Gravy Mashed Potatoes Sage Bread Dressing Green Bean Almondine Cranberry Sauce Roll | Pumpkin Pie
23 Lemon Pepper Fish Whipped Sweet Potato Garden Blend Veggies Pineapple Wheat Bread	**24** Chicken Fried Steak Cream Gravy Potatoes & Onions Savory Carrots Ambrosia | Wheat Bread	**25** Seafood Primavera House Salad & Dressing Seasoned Green Peas Strawberry Applesauce Breadstick
30 Chicken Paprikash Mashed Potato Corn Apple | Wheat Bread x 2		