

**June 2025****Wahpeton Senior Center****642-3033**

Home delivered meals, carry out meals, & 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 \$11.75 per meal. All meals include 1% milk.

<b>MONDAY 2</b>	<b>TUESDAY 3</b>	<b>WEDNESDAY 4</b>	<b>THURSDAY 5</b>	<b>FRIDAY 6</b>
Chicken Supreme Confetti Rice Glazed Carrots – 1 cup Fresh Pear WW Roll	Hamburger Steak Baked Sweet Potato Mixed Veggies Fresh Peach WW Bread – 2	Teriyaki Salmon Wild Rice Pilaf Seasoned Broccoli Spoonbread Cantaloupe	Italian Pasta Bake House Salad Italian Blend Veggies Grapes WW Bread	Turkey Dijonnaise Boiled Potatoes Brussel Sprouts Banana WW Bread – 2
<b>MONDAY 9</b>	<b>TUESDAY 10</b>	<b>WEDNESDAY 11</b>	<b>THURSDAY 12</b>	<b>FRIDAY 13</b>
Spaghetti & Meat Sauce Green Beans Parmesan Cheese Apple WG Breadstick	BBQ Pork Ribs Rosemary Potatoes Broccoli Slaw Strawberries WW Bread	Sausage & Sauerkraut Roasted Red Potatoes Parslied Carrots Apricots Carrot Cake WW Roll	Manhattan Meatball Brown Rice Winter Blend Seasonal Fresh Fruit House Salad WW Bread	Chicken Lasagna Parmesan Zucchini Chilled Pineapple WG Breadstick
<b>MONDAY 16</b>	<b>TUESDAY 17</b>	<b>WEDNESDAY 18</b>	<b>THURSDAY 19</b>	<b>FRIDAY 20</b>
BBQ Chicken Steamed Beets Baked Potato Sour Cream Mandarin Oranges WW Bread	Asian Pepper Steak Fried Rice Asian Veggie Mix Vegetable Egg Roll Chilled Pears Sweet & Sour Sauce	Hamburger on Bun Lettuce Tomato Onion Baked Beans Fresh Fruit	Braised Pork Chop Twice Baked Potato Prince Edward Blend Tangerine WW Bread	Beef Soft Tacos – 2 Spanish Rice Caribbean Veggie Blend Salsa & Guacamole Raspberries
<b>MONDAY 23</b>	<b>TUESDAY 24</b>	<b>WEDNESDAY 25</b>	<b>THURSDAY 26</b>	<b>FRIDAY 27</b>
Garlic Steak Bites Glazed Sweet Potatoes Asparagus Blueberries WW Bread – 2	Fish & Chips Coleslaw Tartar Sauce Lemon Wedge Tropical Fruit Cup WW Roll	Taco Stuffed Potato Red Beans & Rice Applesauce WG Breadstick	Cheesy Breadstick/Marinara Caesar Salad/Dressing Creamed Vegetables Melon WG Breadstick	Italian Turkey Meatloaf Baked Potato Green Beans with Thyme Berry Crisp WW Dinner Roll
<b>MONDAY 30</b>				
Salisbury Steak Mushroom Gravy Mashed Potato Parslied Carrots Chilled Fruit Cocktail WW Bread – 1				

**June 2025****Abercrombie Senior Center****553-8759**

Home delivered meals, carry out meals, & 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 \$11.75 per meal. All meals include 1% milk.

<b>MONDAY 2</b>	<b>TUESDAY 3</b>	<b>WEDNESDAY 4</b>	<b>THURSDAY 5</b>	<b>FRIDAY 6</b>
Hamburger Steak Baked Sweet Potato Mixed Veggies Fresh Peach WW Bread – 2	Teriyaki Salmon Wild Rice Pilaf Seasoned Broccoli Spoonbread Cantaloupe	Italian Pasta Bake House Salad Italian Blend Veggies Grapes WW Bread		
<b>MONDAY 9</b>	<b>TUESDAY 10</b>	<b>WEDNESDAY 11</b>	<b>THURSDAY 12</b>	<b>FRIDAY 13</b>
BBQ Pork Ribs Rosemary Potatoes Broccoli Slaw Strawberries WW Bread	Sausage & Sauerkraut Roasted Red Potatoes Parslied Carrots Apricots Carrot Cake WW Roll	Chicken Lasagna Parmesan Zucchini Chilled Pineapple WG Breadstick		
<b>MONDAY 16</b>	<b>TUESDAY 17</b>	<b>WEDNESDAY 18</b>	<b>THURSDAY 19</b>	<b>FRIDAY 20</b>
BBQ Chicken Steamed Beets Baked Potato Sour Cream Mandarin Oranges WW Bread	Pork Wings Au Gratin Potato Seasoned Snow Peas Cinnamon Bananas WW Roll	Beef Soft Tacos – 2 Spanish Rice Caribbean Veggie Blend Salsa & Guacamole Raspberries		
<b>MONDAY 23</b>	<b>TUESDAY 24</b>	<b>WEDNESDAY 25</b>	<b>THURSDAY 26</b>	<b>FRIDAY 27</b>
Garlic Steak Bites Glazed Sweet Potatoes Asparagus Blueberries WW Bread – 2	Fish & Chips Coleslaw Tartar Sauce Lemon Wedge Tropical Fruit Cup WW Roll	Hamburger on Bun Lettuce Tomato Onion Baked Beans Fresh Fruit		
<b>MONDAY 30</b>				
Salisbury Steak Mushroom Gravy Mashed Potato Parslied Carrots Chilled Fruit Cocktail WW Bread – 1				

**June 2025****Hankinson Senior Center****242-7742**

Home delivered meals, carry out meals, & 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 \$11.75 per meal. All meals include 1% milk.

<b>MONDAY 2</b>	<b>TUESDAY 3</b>	<b>WEDNESDAY 4</b>	<b>THURSDAY 5</b>	<b>FRIDAY 6</b>
	Hamburger Steak Baked Sweet Potato Mixed Veggies Fresh Peach WW Bread – 2	Italian Pasta Bake House Salad Italian Blend Veggies Grapes WG Breadstick		Teriyaki Salmon Wild Rice Pilaf Seasoned Broccoli Spoonbread Cantaloupe
<b>MONDAY 9</b>	<b>TUESDAY 10</b>	<b>WEDNESDAY 11</b>	<b>THURSDAY 12</b>	<b>FRIDAY 13</b>
	Garlic Steak Bites Glazed Sweet Potatoes Asparagus Blueberries WG Breadstick	Chicken Supreme Confetti Rice Glazed Carrots – 1 cup Fresh Pear WW Roll		BBQ Pork Ribs Rosemary Potatoes Broccoli Slaw Strawberries WW Bread
<b>MONDAY 16</b>	<b>TUESDAY 17</b>	<b>WEDNESDAY 18</b>	<b>THURSDAY 19</b>	<b>FRIDAY 20</b>
	Beef Soft Tacos – 2 Spanish Rice Caribbean Veggie Blend Salsa & Guacamole Raspberries	Braised Pork Chop Twice Baked Potato Prince Edward Blend Tangerine WW Bread		Sausage & Sauerkraut Roasted Red Potatoes Parslied Carrots Apricots Carrot Cake WW Roll
<b>MONDAY 23</b>	<b>TUESDAY 24</b>	<b>WEDNESDAY 25</b>	<b>THURSDAY 26</b>	<b>FRIDAY 27</b>
	Pork Wings Au Gratin Potato Seasoned Snow Peas Cinnamon Bananas WW Roll	Fish & Chips Coleslaw Tartar Sauce Lemon Wedge Tropical Fruit Cup WW Roll		Salisbury Steak Mushroom Gravy Mashed Potato Parslied Carrots Chilled Fruit Cocktail WW Bread – 1

**June 2025****Lidgerwood Senior Center****538-4602**

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<b>MONDAY 2</b>	<b>TUESDAY 3</b>	<b>WEDNESDAY 4</b>	<b>THURSDAY 5</b>	<b>FRIDAY 6</b>
Chicken Supreme Confetti Rice Glazed Carrots – 1 cup Fresh Pear WW Roll	Hamburger Steak Baked Sweet Potato Mixed Veggies Fresh Peach WW Bread – 2		Italian Pasta Bake House Salad Italian Blend Veggies Grapes WW Bread	
<b>MONDAY 9</b>	<b>TUESDAY 10</b>	<b>WEDNESDAY 11</b>	<b>THURSDAY 12</b>	<b>FRIDAY 13</b>
Sausage & Sauerkraut Roasted Red Potatoes Parslied Carrots Apricots Carrot Cake WW Roll	BBQ Pork Ribs Rosemary Potatoes Broccoli Slaw Strawberries WW Bread		Manhattan Meatball Brown Rice Winter Blend Seasonal Fresh Fruit House Salad WW Bread	
<b>MONDAY 16</b>	<b>TUESDAY 17</b>	<b>WEDNESDAY 18</b>	<b>THURSDAY 19</b>	<b>FRIDAY 20</b>
BBQ Chicken Steamed Beets Baked Potato Sour Cream Mandarin Oranges WW Bread	Taco Stuffed Potato Red Beans & Rice Applesauce WG Breadstick		Braised Pork Chop Twice Baked Potato Prince Edward Blend Tangerine WW Bread	
<b>MONDAY 23</b>	<b>TUESDAY 24</b>	<b>WEDNESDAY 25</b>	<b>THURSDAY 26</b>	<b>FRIDAY 27</b>
Garlic Steak Bites Glazed Sweet Potatoes Asparagus Blueberries WW Bread – 2	Fish & Chips Coleslaw Tartar Sauce Lemon Wedge Tropical Fruit Cup WW Roll		Hamburger on a Bun Lettuce Tomato Onion Baked Beans Fresh Fruit	
<b>MONDAY 30</b>				
Salisbury Steak Mushroom Gravy Mashed Potato Parslied Carrots Chilled Fruit Cocktail WW Bread – 1				

**June 2025****Wyndmere Senior Center****439-2907**

Home delivered meals, carry out meals, & 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 \$11.75 per meal. All meals include 1% milk.

<b>MONDAY 2</b>	<b>TUESDAY 3</b>	<b>WEDNESDAY 4</b>	<b>THURSDAY 5</b>	<b>FRIDAY 6</b>
Chicken Supreme Confetti Rice Glazed Carrots – 1 cup Fresh Pear WW Roll	Hamburger Steak Baked Sweet Potato Mixed Veggies Fresh Peach WW Bread – 2		Italian Pasta Bake House Salad Italian Blend Veggies Grapes WW Bread	
<b>MONDAY 9</b>	<b>TUESDAY 10</b>	<b>WEDNESDAY 11</b>	<b>THURSDAY 12</b>	<b>FRIDAY 13</b>
Spaghetti & Meat Sauce Green Beans Parmesan Cheese Apple WG Breadstick	BBQ Pork Ribs Rosemary Potatoes Broccoli Slaw Strawberries WW Bread		Manhattan Meatball Brown Rice Winter Blend Seasonal Fresh Fruit House Salad WW Bread	
<b>MONDAY 16</b>	<b>TUESDAY 17</b>	<b>WEDNESDAY 18</b>	<b>THURSDAY 19</b>	<b>FRIDAY 20</b>
BBQ Chicken Steamed Beets Baked Potato Sour Cream Mandarin Oranges WW Bread	Asian Pepper Steak Fried Rice Asian Veggie Mix Vegetable Egg Roll Chilled Pears Sweet & Sour Sauce		Braised Pork Chop Twice Baked Potato Prince Edward Blend Tangerine WW Bread	
<b>MONDAY 23</b>	<b>TUESDAY 24</b>	<b>WEDNESDAY 25</b>	<b>THURSDAY 26</b>	<b>FRIDAY 27</b>
Garlic Steak Bites Glazed Sweet Potatoes Asparagus Blueberries WW Bread – 2	Fish & Chips Coleslaw Tartar Sauce Lemon Wedge Tropical Fruit Cup WW Roll		Cheesy Breadstick/Marinara Caesar Salad/Dressing Creamed Vegetables Melon WG Breadstick	
<b><u>MONDAY 30</u></b>				
Salisbury Steak Mushroom Gravy Mashed Potato Parslied Carrots Chilled Fruit Cocktail WW Bread – 1				