Wahpeton Senior Center

642-3033

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

Abercrombie Senior Center

553-8759

MONDAY 2	TUESDAY 3	WEDNESDAY 4	THURSDAY 5	FRIDAY 6
Hamburger Steak	Teriyaki Salmon	Italian Pasta Bake		
Baked Sweet Potato	Wild Rice Pilaf	House Salad		
Mixed Veggies	Seasoned Broccoli	Italian Blend Veggies		
Fresh Peach	Spoonbread	Grapes		
WW Bread – 2	Cantaloupe	WW Bread		
MONDAY 9	TUESDAY 10	WEDNESDAY 11	THURSDAY 12	FRIDAY 13
BBQ Pork Ribs	Sausage & Sauerkraut	,		
Rosemary Potatoes	Roasted Red Potatoes	Parmesan Zucchini		
Broccoli Slaw	Parslied Carrots	Chilled Pineapple		
Strawberries	Apricots	WG Breadstick		
WW Bread	Carrot Cake			
12010 17 12	WW Roll			
MONDAY 16	TUESDAY 17	WEDNESDAY 18	THURSDAY 19	FRIDAY 20
BBQ Chicken	Pork Wings	Beef Soft Tacos – 2		
Steamed Beets	Au Gratin Potato	Spanish Rice		
Baked Potato	Seasoned Snow Peas	Caribbean Veggie Blend		
Sour Cream	Cinnamon Bananas	Salsa & Guacamole		
Mandarin Oranges	WW Roll	Raspberries		
WW Bread				
MONDAY 23	TUESDAY 24	WEDNESDAY 25	THURSDAY 26	FRIDAY 27
Garlic Steak Bites	Fish & Chips	Hamburger on Bun		
Glazed Sweet Potatoes	Coleslaw	Lettuce Tomato Onion		
Asparagus	Tartar Sauce	Baked Beans		
Blueberries	Lemon Wedge	Fresh Fruit		
WW Bread – 2	Tropical Fruit Cup			
MONDAYO	WW Roll			
MONDAY 30				
Salisbury Steak Mushroom Gravy				
Mashed Potato				
Parslied Carrots				
Chilled Fruit Cocktail				
WW Bread – 1				
MAM DI Can - I				

Hankinson Senior Center

242-7742

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

Lidgerwood Senior Center

538-4602

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

Wyndmere Senior Center

439-2907

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