Wahpeton Senior Center

642-3033

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 \$11.75 per meal.

MONDAY	TUESDAY	WEDNESDAY		THURSDAY	FRIDAY	
				1		2
				Baked Lemon Tilapia	Grilled Chicken on a Bun	
				Roasted Red Potatoes	Lettuce, Tomato, Onion	
				Asparagus	Waffle Fries	
				WW Bread-2	Corn	
				Fruited Mallow Gelatin	Grapes	
5		5	7	8		9
Teriyaki Chicken	Potato Chive Crusted Cod	Baked Pork Chop		Tater Tot Casserole	Turkey Mornay	
Sesame Brown Rice	Cheesy Hashbrowns	Baked Potato		Southwest Corn-1cup	Garlic Mashed Potatoes	
Pacific Blend Vegetables-1 cup	Savory Carrots	Harvard Beets		WW Bread	Country Blend Vegetables	
Vegetable Egg Roll	Cinnamon Applesauce	WW Bread-2		Pear	Chilled Pineapple	
Peach Crisp	WW Bread-2	Sour Cream			WW Bread-2	
		Chilled Peaches				
12	1:	3	14	EXPO 11am - 2:30pm 15	5	16
				Only Home Delivered		
Rosemary Orange Chicken	Stuffed Peppers	Chicken Fettuccine Alfredo		No Carry Out or Congregate Meals	Beef Taco Salad	
Rosemary Potatoes	Mashed Potatoes	House Salad		Pulled Pork w/ Bun	Tortilla Chips	
Garden Blend Veggies	Zucchini	Green Beans		Company Potatoes	Salsa	
Rosy Applesauce	Whole Orange	WG Breadstick		Coleslaw	Fresh Berries	
WW Bread-2	WW Roll	Cranberry Fruit Salad Gelatin		Mandarin Oranges	Whipped Topping	
	Low Fat Vanilla Yogurt	Cheese Cake				
19	20		21	22		23
Salisbury Steak w/Mush Gravy	Caprese Chicken	Beef Marzetti		Pork Wings	Chicken Salad on Wheat	
Twice Baked Potato	Lemon Dill Orzo	House Salad		Au Gratin Potatoes	Chickpea Salad	
Seasoned Broccoli	Green and Gold Beans	Squash		Seasoned Snow Peas	Lettuce, Tomato, Onion	
WW Bread-2	Fresh Orange	Garlic Bread		WW Dinner Roll	Watermelon	
Strawberries	WW Bread-2	Dressing		Honeydew		
		Fruit Cocktail in Whip Topping				
26	22	7	28	29		30
Closed						
If you would like to receive a	Hot Dog on Bun	Beef Stir Fry		Chicken Drumsticks	Southwest Veggie Pasta	
frozen meal on Friday, please	Tator Tots	Herbed Orzo Pasta		Scalloped Potatoes	Mixed Veggies	
call the office.	Mixed Veggies	Stir Fry Veggie Blend		Seasoned Green Peas	Kiwi	
	Apple	Chilled Mandarin Oranges		Deluxe Fruit	WW Roll	
		WW Bread-2		WG Biscuit		

Wyndmere Senior Center

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MONDAY	TUESDAY	WEDNESDAY	-	THURSDAY		FRIDAY
5 Teriyaki Chicken Sesame Brown Rice Pacific Blend Vegetables-1 cup Vegetable Egg Roll Peach Crisp	Potato Chive Crusted Cod Cheesy Hashbrowns Savory Carrots Cinnamon Applesauce WW Bread-2	•	7	Baked Lemon Tilapia Roasted Red Potatoes Asparagus WW Bread-2 Fruited Mallow Gelatin Tater Tot Casserole Southwest Corn-1cup WW Bread Pear	1 8	2 9
12 Rosemary Orange Chicken Rosemary Potatoes Garden Blend Veggies Rosy Applesauce WW Bread-2	13 Stuffed Peppers Mashed Potatoes Zucchini Whole Orange WW Roll Low Fat Vanilla Yogurt	Chicken Fettuccine Alfredo House Salad Green Beans WG Breadstick Cranberry Fruit Salad Gelatin Cheese Cake	14	Southern Valley Aging Expo Wahpeton Community Center 11:00 am - 2:30 pm	15	16
19 Salisbury Steak w/Mush Gravy Twice Baked Potato Seasoned Broccoli WW Bread-2 Strawberries				Pork Wings Au Gratin Potatoes Seasoned Snow Peas WW Dinner Roll Honeydew	22	23
26 Closed If you would like to receive a frozen meal on Friday, please call the office.	27 Hot Dog on Bun Tator Tots Mixed Veggies Apple	Beef Stir Fry Herbed Orzo Pasta Stir Fry Veggie Blend Chilled Mandarin Oranges WW Bread-2		Chicken Drumsticks Scalloped Potatoes Seasoned Green Peas Deluxe Fruit WG Biscuit	29	30

Abercrombie Senior Center

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1	2
Teriyaki Chicken Sesame Brown Rice Pacific Blend Vegetables-1 cup Vegetable Egg Roll Peach Crisp	Potato Chive Crusted Cod Cheesy Hashbrowns Savory Carrots Cinnamon Applesauce WW Bread-2	6 Baked Pork Chop Baked Potato Harvard Beets WW Bread-2 Sour Cream Chilled Peaches	7 8	9
12 Stuffed Peppers Mashed Potatoes Zucchini Whole Orange WW Roll Low Fat Vanilla Yogurt	: Pulled Pork w/ Bun Company Potatoes Coleslaw Mandarin Oranges	13 14 Beef Taco Salad Tortilla Chips Salsa Fresh Berries Whipped Topping	4 15 Southern Valley Aging Expo Wahpeton Community Center 11:00 am - 2:30 pm	16
19 Salisbury Steak w/Mush Gravy Twice Baked Potato Seasoned Broccoli WW Bread-2 Strawberries	Caprese Chicken Lemon Dill Orzo Green and Gold Beans Fresh Orange WW Bread-2	20 2: Beef Marzetti House Salad Squash Garlic Bread Dressing Fruit Cocktail in Whip Topping	1 22	23
26 Closed	Hot Dog on Bun Tator Tots Mixed Veggies Apple	27 28 Beef Stir Fry Herbed Orzo Pasta Stir Fry Veggie Blend Chilled Mandarin Oranges WW Bread-2	B 29 Chicken Drumsticks Scalloped Potatoes Seasoned Green Peas Deluxe Fruit WG Biscuit	30

Hankinson Senior Center

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1	2 Teriyaki Chicken Sesame Brown Rice Pacific Blend Vegetables Vegetable Egg Roll Peach Crisp
5	Tater Tot Casserole Southwest Corn-1cup WW Bread Pear	7 Turkey Mornay Garlic Mashed Potatoes Country Blend Vegetables Chilled Pineapple WW Bread-2	8	9 Baked Pork Chop Baked Potato Harvard Beets WW Bread-2 Sour Cream Chilled Peaches
12	13 Beef Taco Salad Tortilla Chips Salsa Fresh Berries Whipped Topping	Pulled Pork w/ Bun Company Potatoes Coleslaw Mandarin Oranges	15 Southern Valley Aging Expo Wahpeton Community Center 11:00 am - 2:30 pm	16 Chicken Fettuccine Alfredo House Salad Green Beans WG Breadstick Cranberry Fruit Salad Gelatin Cheese Cake
19	20 Pork Wings Au Gratin Potatoes Seasoned Snow Peas WW Dinner Roll Honeydew	Beef Marzetti House Salad Squash Garlic Bread Dressing Fruit Cocktail in Whip Topping	22	23 Stuffed Peppers Mashed Potatoes Mixed Vegetables Whole Orange WW Roll Low Fat Vanilla Yogurt
26	27 Salisbury Steak w/Mush Gravy Twice Baked Potato Seasoned Broccoli WW Bread-2 Strawberries	Chicken Drumsticks Scalloped Potatoes Seasoned Green Peas Deluxe Fruit WG Biscuit	29 Beef Stir Fry Herbed Orzo Pasta Stir Fry Veggie Blend Chilled Mandarin Oranges WW Bread-2	30

Lidgerwood Senior Center

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 Baked Lemon Tilapia Roasted Red Potatoes Asparagus WW Bread-2 Fruited Mallow Gelatin	2
Baked Pork Chop Baked Potato Harvard Beets WW Bread-2 Sour Cream Chilled Peaches	5 Potato Chive Crusted Cod Cheesy Hashbrowns Savory Carrots Cinnamon Applesauce WW Bread-2	6	7 Tater Tot Casserole Southwest Corn-1cup WW Bread Pear	9
Beef Taco Salad Tortilla Chips Salsa Fresh Berries Whipped Topping	12 Stuffed Peppers Mashed Potatoes Zucchini Whole Orange WW Roll Low Fat Vanilla Yogurt	13 Pulled Pork w/ Bun Company Potatoes Coleslaw Mandarin Oranges	14 Southern Valley Aging Expo Wahpeton Community Center 11:00 am - 2:30 pm	5 16
Salisbury Steak w/Mush Gravy Twice Baked Potato Seasoned Broccoli WW Bread-2 Strawberries	19 Caprese Chicken Lemon Dill Orzo Green and Gold Beans Fresh Orange WW Bread-2	20	21 22 Beef Marzetti House Salad Squash Garlic Bread Dressing Fruit Cocktail in Whip Topping	2 23
Closed	26 Hot Dog on Bun Tator Tots Mixed Veggies Apple	27 Beef Stir Fry Herbed Orzo Pasta Stir Fry Veggie Blend Chilled Mandarin Oranges WW Bread-2	28 29 Chicken Drumsticks Scalloped Potatoes Seasoned Green Peas Deluxe Fruit WG Biscuit	30