

May 2024

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 \$9.00 per meal.
All meals include 1% milk. Menus are subject to change.**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 Taco Casserole Spanish Rice Refried Beans Corn Rosy Applesauce	2 Chili Baked Potato Fresh Plums Bread x2	3 Tuna Salad on Wheat Cabbage / Apple Slaw Potato Salad Orange
6 Honey Chicken Glazed Sweet Potatoes Beets Pear Dessert Bake Bread x2	7 Herb & Mustard Crusted Pork Loin Potatoes & Onions Brussels Sprouts / Bacon Blueberries Bread x2	8 Roast Turkey / Gravy Mashed Potatoes Parslied Carrots Blushing Pineapple Bread x2	9 Southern Valley Aging Expo No Congregate Meals Sloppy Joe on a Bun Baked Beans Oven Baked Fries Tropical Fruit	10 Chicken Lasagna Zucchini Parmesan Scalloped Apples Breadstick
13 Herb Roasted Salmon Rosemary Potatoes Lemon Walnut Broccoli Apricots Bread x2	14 Porcupine Meatballs Mashed Potatoes Prince Edward Veggies Heavenly Hash Bread x2	15 Birthday Dinner Stuffed Shells / Sauce House Salad Italian Blend Veggies Grapes Birthday Cake Breadstick	16 Sweet and Sour Chicken White & Wild Rice Blend Japanese Stir Fry Marinated Vegetable Salad Strawberries Bread	17 Cheeseburger Pie Seasoned Green Peas House Salad Peaches in Orange Sauce Bread
20 Beef Steak & Gravy Mashed Potatoes Green beans /thyme Mandarin Oranges Bread x2	21 Caprese Chicken Carrot Pineapple Salad Sicilian Blend Veggies Watermelon Bread x2	22 BBQ Pork Ribs Baked Sweet Potato Mixed Veggies Apple Brown Betty Bread x2	23 Tangy Meatloaf Parslied Potatoes Country Blend Veggies Fruit Cocktail Bread x2	24 Southwest Chicken Cesar Salad Peach Crisp Breadstick
27 CLOSED	28 Pork Chop / Mushroom Sauce Seasoned Egg Noodles Lemon Asparagus Marinated Cucumbers Kiwi Bread	29 Scrambled Eggs Seasoned Steak Hash Browns Orange Vinaigrette Veggies Banana Bread x2 Jelly	30 Parmesan Baked Cod Sweet Potato Hash Summer Slaw Garlic Toast Cantaloupe	31 Grilled Chicken on Bun French Fries Lettuce Tomato Onion Peas & Carrots Fresh Fruit Salad