

Senior Meals and Services	Noon Meal Calendar Devils Lake 662-5061 New Rockford/Sheyenne 947-5378				Month of July 2025
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
GF June 1 1-Bread 30 Lasagna LS Veggie House Salad / Dressing Fruit Sauce	GF June 4 2-Bread 1 Roast Pork Potato / Gravy LS Veggie / Blend Fresh Fruit or Sauce	GF June 5 Bun 2 Fish Burger on a bun Baked Beans Potato Salad Fruit Sauce	DS S/SBL5DW4 3 Italian Pasta bake House Salad / Dressing LS Veggie Fresh Fruit or Sauce 1 - Bread	Closed 4 Senior Meals & Transit Closed for the July 4th Holiday	
GF July-4 Bun 7 Beef Hot Dog / Bun Baked Beans Potato Salad Fresh Fruit or Sauce	GF July 2 2 Bread 8 Meatballs in Gravy Potato Dilled Carrots Fresh Fruit or Sauce	GF July - 2 Bun 9 Baked Chicken on a bun Potato Salad Steamed Broccoli Orange	GF July 2 2-Bread 10 Roast Beef Mashed Potatoes / Gravy LS Veggie - Medley Angel Food Cake w/ strawberries / topping	GF July 2 2-Bread 11 BBQ ribs Sweet Potato Mixed Veggies Fruit or Sauce	
GF July-1 No Bread 14 Chicken Enchiladas SW Corn Seasoned Black Beans Fruit or Sauce	GF July 4 1- Bread 15 Hungarian Goulash LS Veggie House Salad / Dressing Fresh Fruit or Sauce	GF July 3 16 BBQ Chicken Salad Fresh Fruit Bitzy Brownie	GF July 3 2-Bread 17 Liver & Onions Rosemary Potatoes LS Veggie - Mixed Fruit or Sauce	GF July 5 1-Bread 18 Lemon Pepper Fish Over Rice Yams Fresh Fruit or Sauce	
DS July 3 0 Bread 21 Beef & Broccoli Stir Fry Brown Rice Pilaf Oriental Veggies Egg Roll Fruit Sauce	DS Jan-2 0-Bread 22 Chicken Tortilla Soup 6oz Mini Beef Taco Salad Tortilla Chips Fruit Sauce 1/2 cup	DS July 3 23 BLT / Mayo Sweet Potato Fries Fruited Jello	DS July 4 Dinner R 24 Turkey & Dumplings Peas & Carrots House Salad / Dressing Fresh Fruit or Sauce	DS July 4 25 Fish Tacos / Tarter Sc LS Veggie Salad / Dressing Fresh Fruit or Sauce	
DS July/23 - 3 28 Turkey Wrap Potato Salad House Salad/Dressing Totilla Chips Mini Oranges	DS July 23 4 29 Chicken Salad Sandwich Salad / Dressing Lettuce/Tomato/Onion Fresh fruit or Sauce	GF Jan-5 2-Bread 30 Ham Baked Potato LS Veggie Tropical Fruit Sauce	GF July 5 2-Bread 31 Beef Tips in Gravy Mashed Potatoes LS Veggie Fresh Fruit or Sauce	DS July 5 Dinner R Steak w/mushroom gravy Mashed Potatoes Parslied Carrots Fruit Crisp	
Older Americans Act federal regulations require individuals 60 and older to complete an annual registration in order to participate in the Congregate Meals Program, or a semi-annual registration to participate in the Home-Delivered Meals Program. You will be notified when it is time to update.		Food requiring refrigeration is not allowed to leave the meal site. Menu subject to change depending on availability		Age 60 and over: Suggested Contribution for Congregate and Home Delivered Meals is \$5.00, Contribute as you are able. Those under 60 or who do not complete an assessment must pay the full rate of \$14.79 www.seniormealsandservices.com	