

January 2024

1 Happy New Year Senior Center & Meal Service Closed	2 Baked chicken thighs Smashed potatoes Apricot halves Carrot bar	3 Meat sauce/pasta Seasoned green beans Tossed salad/ranch Snickerdoodle cookie	4 Baked ham Swedish cream potatoes Glazed carrots Dinner roll Apple crisp	5 Potato chip crusted fish On a bun Baked sweet potato Confetti coleslaw Caramelized brownie
8 Salisbury steak Mashed potatoes/gravy Fresh apple Chocolate pudding	9 Chicken kiev Brown rice Lemon parsley carrots Tropical fruit Chocolate chip cookie	10 Hamburger patty/bun Baked beans Diced peaches Cinnamon sandwich bar	11 Chicken alfredo/pasta Mixed veggies Tossed salad/ranch Sugar cookie	12 Smothered pork chop Baked potato Steamed broccoli Dinner roll Mint brownie
15 Senior Center Closed Meal can be picked up Citrus fish Baked sweet potato Steamed peas Oatmeal raisin cookie	16 Tater tot hotdish Steamed corn Dinner roll Diced pears Rice Krispie bar	17 Celebrate birthdays! Pork stir fry Brown rice Steamed baby carrots Fresh pear Chocolate cake	18 Rosemary orange chicken Roasted garlic potatoes Brussel sprouts Dinner roll Fruited jell-o	19 Meatloaf Baby baker potatoes Stewed tomatoes Lemon cookie
22 Chicken Dijon Baked sweet potato Applesauce Vanilla pudding	23 Chili Corn muffin Steamed corn Mandarin oranges Cranberry cookie	24 Pork roast Mashed potatoes/gravy Confetti coleslaw Dinner roll Fudge brownie	25 Gjetost chicken Peas and carrots Banana Monster bar	26 Swedish meatballs Mashed potatoes/gravy Dinner roll Pineapple tidbits Heath cookie
29 Orange chicken dumpling Brown rice Garlic ginger green bean Tropical fruit Mini monster cookie	30 Egg bake/sausage links Cubed potatoes Fruit juice Hershey brownie	31 Lemon pepper fish Vegetable rice pilaf Parslied carrots Diced peaches Crackerjack cookie	Please call 218-299-5519 With any questions or concerns. Menu is subject to change.	NSI provides this service in part, under the Federal Older Americans Act through a contract with the NWRDC under an area plan approved by the Minnesota Board on Aging.

Enjoy a hot, nutritious, congregate meal! If you are 60 or older the suggested donation is \$4. The cost is \$8 if you are under 60.

Please call 218.299.5519 between 10 am-12:30 pm the day prior for reservations.

Monday-Friday (except holidays) | 11:45 am | Hjemkomst Center, 202 1st Ave N, Moorhead, MN 56560