

**\*\* Special Event\*\***

**Feb 28, 10:30-11:30 am in Oak Room:**

Changing the Narrative on Mental Health & Suicide

February 2024

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.	Please call 218-299-5519 With any questions or concerns. Menu is subject to change.		1 Savoia pasta bake Steamed cauliflower Dinner roll Fresh apple Chateau bar	2 Baked pork chop/gravy Baked potato Brussel sprouts Chocolate chip cookie
5 Chicken marsala Smashed potatoes Green beans Heath cookie	6 Sweet & sour meatballs Brown rice Mixed veggies Apricot halves Fudge brownie	7 <b>BINGO 1-3 pm</b> Chicken moutarde Baked sweet potato Steamed corn Dinner roll Orange fruited jell-o	8 Bronze pork loin Mashed potato/gravy Steamed baby carrots Oatmeal scotchie cookie	9 Beef stroganoff Egg noodles Winter blend veggies Applesauce Peanut butter cookie
12 Chicken wild rice hotdish Steamed peas & carrots Fresh orange M & M cookie	13 BBQ beef patty/bun Baby baker potatoes California blend Blonde brownie	14 <b>Memory Cafe 1-2:30 pm</b> <b>Quilting Group 12:30-4</b> Citrus fish Baked sweet potato Dinner roll & Tropical fruit Red velvet cookie	15 <b>Breakfast Club at Fryn' Pan</b> Sweet & sour pork Brown rice Steamed broccoli Pineapple tidbits Rice Krispie bar	16 Country meatballs Mashed potato/gravy Diced beets Dinner roll Apple crisp
19 <b>Senior Center Closed</b> <b>Meal can be picked up</b> Shredded BBQ chicken on a bun Steamed green beans Mandarin oranges Cranberry cookie	20 Beef stew Biscuit Parslied carrots Diced pears Cinnamon sandwich bar	21 <b>Celebrate birthdays!</b> Orange almond chicken Parsley buttered potato Dinner roll Applesauce Cherry jell-o cake	22 Meatloaf Baked potato Stewed tomatoes Crackerjack cookie	23 Tuna noodle hotdish Steamed corn Tossed salad/ranch Dinner roll Hershey brownie
26 Tarragon chicken Baked sweet potato Steamed cauliflower Chocolate chunk cookie	27 Lutheran hotdish Steamed peas Dinner roll Apricot halves Lemon bar	28 <b>Quilting Group 12:30-4</b> Potato chip breaded fish Au gratin potatoes Confetti coleslaw Lime fruited j-ello <b>**Special Event**</b>	29 Baked chicken thigh Vegetable rice pilaf Creamed carrots Diced peaches Zebra brownie	

**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**