

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

**Mar 27, 1-3pm in Oak Room:** Valley Triad Safety Seminar with ND Assistive. Topics: emergency response devices, communication aids & safety tools

March 2024

<p>Please call 218-299-5519 With any questions or concerns. Menu is subject to change.</p>	<p>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.</p>			<p>1 Pork wing Scalloped potato California blend Sugar cookie</p>
<p>4 Salisbury steak Baked potato Steamed baby carrots Dinner roll Cranberry cookie</p>	<p>5 Chicken veronique Smashed potatoes Green beans Hershey brownie</p>	<p>6 <b>BINGO 1-3 pm</b> Hamburger patty/bun Baked beans Pineapple tidbits Oatmeal raisin cookie</p>	<p>7 Chicken and noodles California blend Dinner roll Fresh apple Chateau bar</p>	<p>8 Herb baked fish Baked sweet potato Confetti coleslaw Chocolate chip cookie</p>
<p>11 Tater tot hotdish Crinkle cut carrots Dinner roll Diced pears Vanilla pudding</p>	<p>12 Chicken kiev Au gratin potatoes Steamed broccoli Oatmeal scotchie cookie</p>	<p>13 <b>Memory Cafe 1-2:30 pm</b> <b>Quilting Group 12:30-4pm</b> Beef stroganoff Egg noodles Brussel sprouts Applesauce &amp; Heath cookie</p>	<p>14 Braised pork chops Mashed potato/gravy Tossed salad/ranch Dinner roll Zebra brownie</p>	<p>15 Cheesy egg bake Sausage links Cubed potatoes Apricot halves Coffee cake muffin</p>
<p>18 Shepherds pie w/ Garlic mashed potatoes Mandarin oranges Soda bread Green sprinkled cookie</p>	<p>19 Rosemary orange chicken Green beans Fresh banana Blonde brownie</p>	<p>20 <b>Celebrate birthdays!</b> Pork stir fry Brown rice Winter blend Diced peaches Confetti cake</p>	<p>21 <b>Breakfast Club at Fryn' Pan</b> Gjetost chicken Baked potato Parslied carrots Dinner roll Rice Krispie bar</p>	<p>22 Swedish meatballs Mashed potatoes/gravy Diced beets Apple crisp</p>
<p>25 Orange chicken dumpling Brown rice Steamed broccoli Tropical fruit Butterscotch pudding</p>	<p>26 Cabbage rolls Garlic mashed potatoes Mixed veggies Cinnamon sandwich bar</p>	<p>27 <b>Quilting Group 12:30-4</b> Pork roast Baked sweet potato Creamed peas Dinner roll M &amp; M cookie <b>**Special Event**</b></p>	<p>28 Chili Baked potato Corn muffin Tossed salad/ranch Hershey brownie</p>	<p>29 Lemon pepper fish Steamed baby carrots Pineapple tidbits Crackerjack cookie</p>

**Enjoy a hot, nutritious, congregated 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**