

# November 2022

|  |   |   |   |  |
|--|---|---|---|--|
|  | 1<br>Chicken Veronique<br>Smashed potatoes<br>Mixed vegetables<br>Oatmeal raisin cookie                 | 2<br>Sloppy joe/bun<br>Steamed baby carrots<br>Potato salad<br>Apple crisp                                    | 3<br>Lemon pepper fish<br>Au gratin potatoes<br>Creamed peas<br>Dinner roll<br>Cranberry cookie   | 4<br>Salsa chicken breast<br>Brown rice<br>Black beans<br>Mango chunks<br>Blonde brownie             |
| 7<br>Chicken moutarde<br>Mashed potatoes<br>Green beans<br>Chocolate pudding                             | 8<br>Lutheran hotdish<br>Steamed corn<br>Dinner roll<br>Granny smith apple<br>Peanut butter cookie      | 9<br>Orange chicken dumpling<br>Vegetable fried rice<br>California blend<br>Mandarin oranges<br>Rhubarb crisp | 10<br>Pulled pork/bun<br>Cheesy whipped potatoes<br>Confetti coleslaw<br>Payday cookie  | 11<br>Meat sauce/pasta<br>Winter blend veggies<br>Fruit cocktail<br>Mint brownie                     |
| 14<br>Salisbury steak<br>Baked potato<br>Stewed tomatoes<br>Molasses cookie                              | 15<br>Lawry's chicken breast<br>Mashed potato/gravy<br>Baked squash<br>Rice Krispie bar                 | 16<br>Beef stroganoff<br>Egg noodles<br>Brussel sprouts<br>Fuji apple<br>German chocolate cake                | 17<br>Baked cod<br>Steamed asparagus<br>Tossed salad/dressing<br>Sister Shubert roll<br>Cherry jell-o/pears   | 18<br>Buttermilk chicken<br>Scalloped potatoes<br>Apricot halves<br>Dinner roll<br>Fudge brownie     |
| 21<br>Egg bake<br>Sausage links<br>California blend<br>Pineapple tidbits<br>Tapioca pudding              | 22<br>Beef cabbage casserole<br>Steamed broccoli<br>Dinner roll<br>Fresh orange<br>Snickerdoodle cookie | 23<br>Pork chop/sage dressing<br>Mashed potato/gravy<br>Candy carrots<br>Choctau bar                          | 24<br>Happy Thanksgiving<br>Closed  | 25<br>Chili<br>Baked potato<br>Corn<br>Monte carlo blend veggie<br>Ber<br><b>MEAL SERVICE CLOSED</b> |
| 28<br>Chicken wild rice cass<br>Key west blend veggie<br>Dinner roll<br>Mandarin oranges<br>Heath cookie | 29<br>Country meatballs<br>Mashed potato/gravy<br>Diced beets<br>Carrot bar                             | 30<br>Chicken parmesan<br>Pasta<br>Peas and carrots<br>Tropical fruit<br>Red velvet cookie                    | 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<br>218-299-5514<br>With any questions or concerns.<br>Menu is subject to change.         |

Enjoy a hot, nutritious, noontime meal, provided at Senior Connections for residents age 60 and over and their spouses (including those under the age of 60).

Suggested donation is \$4, and those under the age of 60 must pay \$7.

**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**