

December 2022

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 BBQ pork chop Baked sweet potato Creamy cucumbers Cornbread muffin Zebra brownie	2 Meatloaf Baked potato Stewed tomatoes Dinner roll Mango crisp
5 Gjetost chicken Parmesan garlic potatoes California blend Chocolate pudding	6 Tater tot hotdish Steamed baby carrots Dinner roll Mixed berries Crackerjack cookie	7 Turkey/dressing Mashed potatoes/gravy Green bean casserole Pumpkin bar	8 Herb crusted chicken Scalloped potatoes Tossed salad/ranch Dinner roll Caramelized brownie	9 Meat sauce/pasta Winter blend veggies Diced pears Tapioca pudding w/ Mandarins
12 Cheeseburger hotdish Monte carlo veggies Dinner roll Sliced peaches Lemon cookie	13 Pork loin Mashed potato/gravy Diced beets Rhubarb crisp	14 Smothered chicken Baby baker potatoes Apricot halves Dinner roll Chocolate chunk cookie	15 Beef stew Biscuit Creamed carrots Fruit cocktail Blonde brownie	16 Ranch chicken breast Cheesy whipped potato Confetti coleslaw Dinner roll Carrot bar
19 Chili Baked potato Dinner roll Granny smith apple Butterscotch pudding	20 Chicken moutarde Baked sweet potato Steamed peas Red velvet cookie	21 Roast beef Parsley buttered potato Baked squash Dinner roll Chocolate cake	22 Tuna hotdish Mixed veggies Sister Shubert roll Tropical fruit Caramel apple bar	23 Teriyaki chicken Brown rice Garlic ginger green beans Mandarin oranges Frosted cookie
26 Happy Holidays! Closed	27 Swedish meatballs Mashed potatoes/gravy Steamed corn Chocolate chip cookies	28 Herb crusted fish Au gratin potatoes California blend Dinner roll Hershey brownie	29 Hamburger/bun Baked beans Potato salad Lime jello/pears	30 Chicken tortellini Peas and carrots Garlic breadstick Mixed berries Mini monster cookie

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