

March 2023

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 Pulled pork/bun Green beans Pasta salad Payday cookie	2 Meatloaf Smashed potatoes Stewed tomatoes Dinner roll Rice krispie bar	3 Salmon w/hollandaise Au gratin potatoes Dinner roll Mandarin oranges Berry crisp
6 BBQ chicken breast/bun Baby bakers Mixed veggies Caramelized brownie	7 Beef cabbage casserole California blend Dinner roll Diced pears Heath cookie	8 Beef stroganoff Egg noodles Steamed baby carrots Applesauce Mini monster cookie	9 Buttermilk chicken Mashed sweet potatoes Confetti coleslaw Mango crisp	10 Cheesy egg bake Sausage links Country potatoes Fresh orange Blueberry muffin
13 Fish sandwich/bun Creamed carrots Fruit cocktail Oatmeal raisin cookie	14 Chicken Veronique Parmesan garlic potatoes Diced beets Dinner roll Tapioca pudding	15 Sweet & sour meatballs Brown rice Steamed cauliflower Mixed berries Cherry jell-o cake	16 Smothered pork chop Baked sweet potato Steamed peas Dinner roll Peanut butter brownie	17 Ranch chicken breast Cheesy potato bake Creamy cucumbers Pistachio muffin
20 Chicken wild rice cass Crinkle cut carrots Sister Shubert roll Pineapple tidbits Crackerjack cookie	21 Meat sauce/pasta Chateau blend veggies Garlic breadstick Fresh kiwi Choctau bar	22 Garden chicken breast Cheesy whipped potatoes Tossed salad/ranch Apple crisp	23 Swedish meatballs Mashed potatoes/gravy Corn Fudge brownie	24 Lemon pepper fish Scalloped potatoes Chunky veggie salad Dinner roll Lime jell-o w/pears
27 Salisbury steak Baked potato Dinner roll Mandarin oranges Vanilla pudding	28 Chicken alfredo/pasta Peas and carrots Banana Molasses cookie	29 Pork loin Mashed potato/gravy Dinner roll Apricot halves Cinnamon bar	30 Hamburger/bun Baked beans Potato salad Snickerdoodle cookie	31 Teriyaki chicken Brown rice Garlic ginger green beans Tropical fruit Carrot bar

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