

September 2023

<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 Roast turkey Mashed potato/gravy Lemon parsley carrots Oatmeal scotchie cookie</p>
<p>4 Labor Day Closed</p>	<p>5 Orange chicken dumpling Brown rice Steamed peas Diced peaches Mini monster cookie</p>	<p>6 Tater tot hotdish Creamed cabbage Fruit cocktail! Lemon bar</p>	<p>7 Citrus fish White & wild rice Dilled baby carrots Creamy cucumbers Crackerjack cookie</p>	<p>8 Tarragon roast chicken Baked sweet potato Tossed salad/ranch Dinner roll! Mint brownie</p>
<p>11 Gjetost chicken Baked potato Green beans Dinner roll Vanilla pudding</p>	<p>12 Meat sauce/pasta Steamed broccoli Breadstick Banana Snickerdoodle cookie</p>	<p>13 Pork stir fry Brown rice Sugar snap peas Applesauce Sugar cookie</p>	<p>14 Potato chip crusted fish On a bun Smashed potatoes Summer slaw Apple crisp</p>	<p>15 Salsa chicken Southwest corn Crinkle cut carrots Dinner roll! Caramelized brownie</p>
<p>18 Chicken wild rice hotdish Steamed baby carrots Dinner roll Tropical fruit Oatmeal raisin cookie</p>	<p>19 Seasoned roast pork Mashed potato/gravy Winter blend veggie Carrot bar</p>	<p>20 Celebrate birthdays! Baked meatballs Egg noodles Steamed corn Watermelon Appiesauce cake</p>	<p>21 Baked chicken thighs Baked potato Tossed salad/ranch Dinner roll Lemon cookie</p>	<p>22 Honey BBQ beef patty On a bun Smashed sweet potato Steamed cauliflower Strawberry fruited jello</p>
<p>25 Pork chop Creamed potatoes Diced beets Dinner roll Tapioca pudding</p>	<p>26 Beef cabbage casserole Herbed green beans Pineapple tidbits Rice Krispie bar</p>	<p>27 BBQ chicken breast Scalloped potatoes Parmesan broccoli Chocolate chip cookie</p>	<p>28 Herb crusted fish Vegetable rice pilaf Lemon parsley carrots Diced pears Fudge brownie</p>	<p>29 Hamburger/bun Baked beans Apricot halves Cinnamon sandwich bar</p>

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