

Elder Care Dodge - City Hall Menu October 2026

Elder Care will provide 5 meals per week if needed! Give us a call #701-456-1818 Toll Free #: (888) 994-1818

IMPORTANT NOTE: When you receive your meal consume it or put the meal in the refrigerator for your safety!

The suggested donation for participants over 60 is \$5.00/meal, Ineligible is \$10.50/meal. Any additional donations are welcome. EBT/SNAP is accepted.

Donations/contributions can be made via CREDIT CARD in office/over the phone or mailed to Elder Care at 361 26th St. East in Dickinson, ND 58601.

October 2026 meal calendar, Monday through Friday

Monday	Tuesday	Wednesday	Thursday	Friday
<u>Meal Provides:</u> Minimum of 3oz. Protein 3 Half Cups of Fruits/Veg (Fresh, Frozen, or Canned) 2 Serving Grain 1 Serving of Milk Frozen Meals are Provided!	Vicki: (701) 846-7330 Substitutions may be made due to availability of foods. For Meal reservations call at least one day in advance.		1 Oven Roasted Turkey Mashed Potatoes w/Gravy Carrots Mandarin Orange Cup 1 Whole Wheat Bread Milk	2
Beef Stew w/Vegetable Parmesan Broccoli Apple Crisp Dinner Roll Milk		Meatloaf & Gravy Mashed Potato Peas & Carrots Pineapple 1 Whole Grain Bread Milk		Blueberry French Toast Bake Scrambled Eggs Glazed Sweet Potato Banana Yogurt Milk
Swedish Meatballs Noodles Tossed Salad w/Dressing Mixed Vegetables Fruit Cocktail 1 Whole Wheat Bread Milk		Stuffed Cabbage Roll Mashed Potatoes Green Beans Fruit in Gelatin 1 Whole Wheat Bread Milk		Hamburger on a Bun Lettuce/Tomato/Onion/Pickles Waffle Fries Coleslaw Mixed Fruit Dinner Roll Milk
PROVIDER'S CHOICE Chili w/Beans Baked Potato w/Sour Cream Cheese Topping Carrot Salad Cornbread Milk		Egg Salad Sandwich on Wheat Tomato Wedges Cucumber Salad Cottage Cheese Plums Wheat Tortilla Milk		Lasagna Green Beans Tossed Salad w/Dressing Cherry Fruit Salad 1 Garlic Toast Milk
Chicken Tenders Macaroni & Cheese Southwest Zucchini & Tomato Pears Dinner Roll Milk		Roasted Pork Loin Mashed Potatoes w/Gravy Lemon Asparagus Applesauce Dinner Roll Milk		Grilled BBQ Chicken Baked Potato w/Sour Cream Steamed Broccoli Fruit Salad 1 Whole Wheat Bread Milk