

# JULY 2026

LUNCH IS SERVED AT 11:30AM MON-FRI  
CALL 218-366-9343 AT LEAST 24 HOURS IN ADVANCE

<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 MBA.</p>	<p>Meals are served with low fat milk, bread and margarine. Meals are prepared in a facility that uses wheat, soy, dairy and nuts. Menu is subject to change.</p>	<p>1 Chicken Strips Mashed potato/gravy Zucchini Jell-o</p>	<p>2 Turkey Rice Hotdish Steamed Broccoli Fruit Juice Cookie</p>	<p>3 Closed for 4<sup>th</sup> of July Holiday</p>
<p>6 Scalloped potatoes Ham Carrots Pudding</p>	<p>7 BBQ Chicken Tri tater Garden Salad/dressing Cookie</p>	<p>8 Pork Baked potato Mixed vegetable Strawberry Cake</p>	<p>9 Hamburger Gravy Mashed potatoes Creamy cucumbers Rice Krispy bar</p>	<p>10 Cook's Choice</p>
<p>13 Swiss Steak Baked Potato Stewed tomatoes Pudding</p>	<p>14 Pork Mashed potato/gravy Mixed Vegetables Upside down cake</p>	<p>15 Lasagna Garden salad/dressing Garlic breadstick Fruit Juice</p>	<p>16 Mushroom Chicken Baked sweet potato Green Beans Cookie</p>	<p>17 Taco Salad Corn bread Corn Sherbet</p>
<p>20 Tuna noodle casserole Peas &amp; Carrots Dinner Roll Fruit cup</p>	<p>21 Baked Han Au gratin potatoes Harvard beets Cookie</p>	<p>22 Meatballs Oven fried potatoes Green beans Chocolate cake</p>	<p>23 Roast Turkey Mashed potato/gravy Baked Squash Jell-o</p>	<p>24 Cook's Choice</p>
<p>27 Salisbury steak Mashed Potatoes Steamed broccoli Fruit Cup</p>	<p>28 Chicken salad/bun Cucumber &amp; tomato salad Fruit juice Brownie</p>	<p>29 BBQ turkey dog Baked beans Corn Cookie</p>	<p>30 Tator tot hotdish Garden salad/dressing Fruit Cobbler</p>	<p>31 Baked Potato topped w/Ham &amp; cheese Coleslaw Rosy Applesauce</p>