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
Meal Provides: **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**	**2** Oven Roasted Turkey Mashed Potatoes w/Gravy Carrots Mandarin Orange Cup 1 Whole Wheat Bread Milk
5 Beef Stew w/Vegetable Parmesan Broccoli Apple Crisp Dinner Roll Milk	**6**	**7** Meatloaf & Gravy Mashed Potato Peas & Carrots Pineapple 1 Whole Grain Bread Milk	**8**	**9** Blueberry French Toast Bake Scrambled Eggs Glazed Sweet Potato Banana Yogurt Milk
12 Swedish Meatballs Noodles Tossed Salad w/Dressing Mixed Vegetables Fruit Cocktail 1 Whole Wheat Bread Milk	**13**	**14** Stuffed Cabbage Roll Mashed Potatoes Green Beans Fruit in Gelatin 1 Whole Wheat Bread Milk	**15**	**16** Hamburger on a Bun Lettuce/Tomato/Onion/Pickles Waffle Fries Coleslaw Mixed Fruit Dinner Roll Milk
19 **PROVIDER'S CHOICE** Chili w/Beans Baked Potato w/Sour Cream Cheese Topping Carrot Salad Cornbread Milk	**20**	**21** Egg Salad Sandwich on Wheat Tomato Wedges Cucumber Salad Cottage Cheese Plums Wheat Tortilla Milk	**22**	**23** Lasagna Green Beans Tossed Salad w/Dressing Cherry Fruit Salad 1 Garlic Toast Milk
26 Chicken Tenders Macaroni & Cheese Southwest Zucchini & Tomato Pears Dinner Roll Milk	**27**	**28** Roasted Pork Loin Mashed Potatoes w/Gravy Lemon Asparagus Applesauce Dinner Roll Milk	**29**	**30** Grilled BBQ Chicken Baked Potato w/Sour Cream Steamed Broccoli Fruit Salad 1 Whole Wheat Bread Milk