

AUGUST 2026

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

3 Baked chicken Au gratin potatoes Carrots Cookie	4 Egg salad/bun Cucumber/tomato salad Fresh fruit Ice cream	5 Spaghetti with meat sauce Garden salad/dressing Garlic toast Fruited gelatin	6 Roast turkey Mashed potato/gravy Green Beans Mixed fruit	7 Cook's Choice
10 Pepper steak Mashed potato/gravy Beets Pudding	11 BBQ chicken Baked potato Steamed broccoli Cheesecake	12 Polish sausage Boiled potato Creamed peas Moon cake	13 Turkey pasta salad Corn bread Fresh fruit Cookie	14 Baked ham Baked beans Coleslaw Poke cake
17 Chicken strips Mashed potato/gravy Mixed vegetables Fruit salad	18 Pork Baked potato Garden salad Rhubarb dessert	19 Swedish meatballs Mashed potato/gravy Parslied carrots Cookie	20 Ham salad sandwich Potato salad Fresh fruit Chocolate chip bar	21 Cook's Choice
24 Cheeseburger/bun Tri taters Baked Beans Cookie	25 Paprika chicken Baked sweet potato Green beans Strawberry shortcake	26 Meatloaf Baked potato Corn Pumpkin bar	27 Hot pork sandwich Mashed potato/gravy Glazed carrots Fruit	28 Baked Fish Coleslaw Mandarin Oranges Cake
31 Chicken & rice hotdish Mixed vegetables Fruit juice Pudding		Call 218-366-9343 to reserve your spot for lunch	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.	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.