

Kenmare Wheels & Meals
221 North Central Ave
Kenmare, ND 58746
Office Hours: 9:00 am-2:00 pm
Office Phone: 701-385-4364
Toll-free: 1-877-385-4364
Email: Kwheelsmeals@outlook.com



**Service to Minot Available
Every Tuesday \$12.00
OPEN TO THE PUBLIC**

REMINDERS

**Kenmare W & M Board Meeting
MAY 18th 2026 @ 2:00**



7 Day Senior Workout Challenge
Staying fit and confident
Use a chair for day 3-7 for stability
Day 1 – 15-minute walk to boost Endurance
Day 2- 10 wall pushups for Strength
Day 3- Single leg stands for Balance
Day 4- Arms over your head for Flexibility
Day 5- Chair knee or leg lifts for Mobility
Day 6- Heel Raises for Strength and Balance
Day 7- Breathe, you are amazing



2026 Annual Salute to Seniors
Tuesday May 12, 2026
9:00 am - 3:00 pm
At the Minot Municipal Auditorium
"Casino Glitz"

An illustration of a classic slot machine with three reels, each showing the number 7. The machine has a "LET'S WIN" sign above the reels and a coin slot on the right. The background is a light brown color with some decorative elements like lightning bolts and a lightbulb.




**Admission is \$20.00
Bus Service \$12.00
Reserve by April 30th
(701-385-4364)**

April 2026

KENMARE / LIGNITE-COLUMBUS MENU ALL DONATIONS APPRECIATED.

Kenmare Wheels & Meals receives some federal & state funding to assist with food costs, but there is a suggested contribution of \$5.00 per meal

Suggested contribution means 'pay what you can afford' and each senior is responsible for determining what he/she is able to pay
All meals served with 1% milk, 2 slices of whole wheat bread and 2 tsp of margarine unless otherwise stated

KENMARE 11:45 AM		MENU SUBJECT TO CHANGE		COLUMBUS/LIGNITE 12:00 PM	
Please call : 385-4364 (KENMARE)		818-3116 (LIGNITE/COLUMBUS)		Call the day before to reserve or cancel a meal.	
		1	2	3	
Roast Turkey / Dressing Mashed Potato/Gravy Creamed Corn Apple Juice	Hungarian Goulash Rotini Noodle Green Beans Pears	Cranberry Chicken Cooked Carrots Garlic Mashed Potatoes Orange	Fish Sandwich w/Cheese Potato Peas w/Pearl Onions Applesauce /Tarter Sauce	Ham/Potatoes Seasoned Broccoli House Salad / Dressing Tropical Fruit Cup	
6	7	8	9	10	
Roast Turkey / Dressing Mashed Potato/Gravy Creamed Corn Apple Juice	Hungarian Goulash Rotini Noodle Green Beans Pears	Roast Beef Red Potatoes w/ Garlic Cooked Beets Apricots	Porcupine Meatballs Mashed Potatoes Italian Veggie Blend Bananas in Pudding	Spare Ribs Baked Beans AuGratin Potatoes Melon	
13	14	15	16	17	
Spaghetti/Meat Sauce Green Beans Garlic Toast Parmesan Cheese Apple	Hamburger / WW Bun Lett, Tomato, Onion, Cheese Cup of Soup Ambrosia	Beef & Cabbage Bake Blend Veggies Cornbread Muffin Pineapple Juice	Seasoned Pork Roast Rice Pilaf Brussel Sprouts Fruit Cup	Chicken & Dumplings Herbed Green Beans House Salad/Dressing Blueberries/Yogurt	
20	21	22	23	24	
Sloppy Joe / WW Bun Baked Beans Cole Slaw Orange Juice	Baked Pork Chop Garlic Mashed Potatoes Mix Vegetable Fruit in Jello	Chicken Drumsticks Mashed Potato Seasoned Green Peas Fruit	Bratwurst w/ Bun Baked Pot / SC Cooked Carrots Pears	Baked Alaska Cod Sweet Potatoes Green Beans w/Thyme Fruit Cocktail	
27	28	29	30		
Meatloaf & Gravy Boiled Potatoes Cauliflower Fruit Salad	Salisbury Steak / Gravy Mashed Potatoes Winter Blend Veggies Cherry Dessert	Sweet and Sour Chicken Long Grain Rice Seasoned Broccoli Fruit Cup	Chicken Fried Steak Country Gravy Rosemary Potatoes Corn Peaches		