

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



JUNE 2026

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

REMINDERS

Kenmare W & M Board Meeting
July 29th 2026 @ 2:00



A Day to Say Thank You

Father's Day is a **meaningful day** widely observed across the United States. It is a time to thank fathers, stepfathers, grandfathers, guardians, and other male role models for their love, guidance, and support.

Whether it's a quiet meal or a big celebration, this day is all about **showing appreciation** for the important role fathers play in our lives.

Fun Facts About June

Did you know?

June is the month of no school, but only if you live in the Northern Hemisphere. If you live in the Southern Hemisphere, June is during the winter months and school is in session.

Weather & Seasons

The longest day of the year is in June and usually falls on June 20 or June 21. During this time, the weather is mild across most of the Northern Hemisphere. June's full moon is called the strawberry moon.

What's Your Sign?

June's zodiac signs are Gemini and Cancer. Twins Castor and Pollux represent the Gemini sign. Cancer is a water sign represented by the crab. June's birth flowers are roses and honeysuckles. Both flowers represent love, devotion, and generosity. If you're born in June, your birthstones are pearl, alexandrite, and moonstone

5 Fast Facts About June

1. There is no other month on the calendar that begins on the same day of the week as June.
2. Notable people born in June in North Dakota include:
 - Lawrence Welk
 - Josh Duhamel
 - Wiz Khalifa
 - Peggy Lee
 - Lislle Bibb
3. The June Beetle is a type of bug that's only seen during the month of May and June in United States of America. These bugs live on the young leaves of trees and plants.
4. The United States celebrates Flag Day on June 14th.
5. June is an exciting month for sports fans. The NBA finals and the Stanley Cup finals both take place in June. Baseball is in full swing. The fair weather makes June prime time for outdoor activities of all kinds. Hiking, swimming, skateboarding, boating, and fishing all take place or are celebrated in June!

JUNE

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) 385-4364 (LIGNITE/COLUMBUS) Call the day before to reserve or cancel a meal.

1 Salisbury Steak Baked Potato/SC Green Beans Fruit Cocktail	2 Roasted Turkey Potatoes & Gravy Peas & Carrots Cranberry Fluff	3 Chicken Strips Mac & Cheese Broccoli Fruit in Jello / Topping	4 Beef Taco Salad Tortilla Chips/Salsa Peaches / Cottage Cheese Combread Muffin	5 Roasted Pork Boiled Pot/Gravy Corn Applesauce
8 Baked Ham Mashed Sweet Potato Stewed Tomatoes Banana	9 Denver Scramble Egg Bake O'Brien Potatoes Fruit Muffin	10 Chicken Supreme Boiled Potatoes Cheesed Asparagus Pears	11 Smothered Pork Chop Mashed Potatoes Seasoned Zucchini Fruit	12 Herbed Fish Paprika Potatoes Carrots Pears
15 Pulled Pork on Bun Potato Salad Baked Beans Apple	16 Grandmas Hot Dish Mixed Vegetables Banana Pudding w/Bananas	17 Roast Beef Mashed Potatoes Corn Ambrosia	18 Chicken Drumsticks Scalloped Potatoes Peas Tropical Fruit Cup	19 Spaghetti w/Meat Sauce Green Beans Garlic Bread Peach Crisp/Whip Topping
22 Chicken Breast AuGratin Potatoes Beets Fruit Cup	23 Supreme Pizza Casserole Italian Veggie Garlic Bread Mandarin Oranges	24 Meatballs / Gravy Boil Patatoes Carrots Fruit Cocktail Salad	25 Baked Potato Soup Ham & Cheese Sandwich Calif Blend Vegetables Fruit Cup	26 Meatloaf Mashed Pot/Gravy Mixed Vegetables Fruit
29 Hot Turkey Mashed Potato/Gravy Peas & Onions Pears	30 Chicken & Rice Hotdish Wax Beans & Red Pepper Fruit in Jello			