

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: wandm@restel.net



Minot Bus Service
2nd, 9th, 16th, 30th
All Riders Welcome

REMINDERS

Kenmare W & M Board Meeting
May 8th @ 1:00
Kenmare Office
Open to the Public



PART TIME FLEX POSITION
For more information
Contact Lisa 385-4364

Thank You for your
Continued Support
Trinity Lutheran Women of the
Church



The month always starts off with a bang with April Fool's Day, which provides ample opportunity to tell jokes and pull pranks to the best of your ability.

Get outside and enjoy the warmer temperatures with outdoorsy holidays like National Walking Day, National Gardening Day, Go Fly a Kite Day, National Exercise Day, and National Picnic Day.

Come have Lunch with Us at the Senior Center April 4th for National Chicken Cordon Bleu Day!
(Don't forget to make your reservations)

Country Western Hoedown

2024 Annual Salute to Seniors
Tuesday May 14, 2024 9:00am -3:00pm
At the Minot Municipal Auditorium
Meal provided by Homesteaders.
Tickets are \$20.00 Bus \$12.00
Reserve by April 30th.
(701-385-4364)





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 \$4.00 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 : 395-4364 (KENMARE) 596-3553 (LIGNITE/COLUMBUS) Call the day before to reserve or cancel a meal.

1	Roast Beef Mashed Potatoes / Gravy Broccoli Spears Plums WW Bun	2	Baked Ham AuGratin Potatoes Peas and Onions Banana 2 WW Bread	3	Porcupine Meatballs Broccoli w/ Cheese Sauce Garlic Mashed Potatoes Orange / WW Bun	4	Chicken Cordon Bleu O'Brien Potatoes Green Bean Oregano Pears /ZWW Bread	5	Beef Stroganoff/Noodles Seasoned Broccoli House Salad / Dressing Fruit Mix 1 WW Bread
8	Roast Turkey / Dressing Mashed Potato/Gravy Cranberry Sauce WW Bun	9	Hungarian Goulash w/Egg Noodles Green Beans Orange 1 WW Bread	10	Fish Sandwich /WW Bun AuGratin Potatoes Cinn Applesauce Tarter Sauce	11	Chicken Cacciatore Angie Pasta/Marinara Italian Veggie Blend Fruit 1 Garlic Toast	12	BBQ Pork Ribs Baked Beans AuGratin Potatoes Cantaloupe 2 WW Bread
15	Spagetti/Meat Sauce Green Beans Garlic Toast Parmesan Cheese Apple	16	Beef Taco Salad Whole Orange Tortilla Chips Salsa 2 WW Bread	17	Hamburger / WW Bun Lett, Tomato Potato Crinkles Ambrosia	18	Seasoned Pork Roast: Rice Pilaf Balsamic Brussel Sprouts Tangerine 2 WW Bread	19	Chicken & Dumplings Herbed Green Beans House Salad/Dressing Strawberries/Yogurt
22	Stoppy Joe / WW Bun Baked Beans Oven Baked Fries Orange Juice	23	Baked Pork Chop Garlic Mashed Potatoes Cabbage & Carrots Fruit 2 WW Bread	24	Chicken Drummsticks Scalloped Potatoes Seasoned Green Peas Mandarin Orange WW Bun	25	Bratwurst Baked Pot / SC Balsamic Brussel Sprouts Fruit Breadstick	26	Beef Steakr Tips/ Gravy Mashed Potatoes Green Beans w/Thyme Fruit 2 WW Bread
29	Meatloaf & Gravy Baked Potato Brussel Sprouts Fruit WW Bun	30	Salisbury Steak / Gravy Mashed Potatoes Winter Blend Veggies Cherry Fruit Salad 2 WW Bread						