

Brookings December 2023  
Inter-Lakes Community Action Partnership  
60's Plus Dining Program

| MONDAY   | TUESDAY  | WEDNESDAY   | THURSDAY  | FRIDAY   |
|--|--|---|---|--|
|  |  |   |   | 1 Chili Soup<br>Corn<br>Pear Crisp<br>Whole Grain Bread  |
| 4 Sweet & Sour Chicken<br>Parmesan Garlic Mashed Potatoes<br>Green Beans<br>Fruit<br>Whole Grain Bread | 5 Swiss Steak with<br>Tomatoes/Onions/Peppers<br>Baked Potato<br>Apple Crisp<br>Whole Grain Bread          | 6 Sausage & Rice Casserole<br>Carrots<br>Baked Pineapple<br>Whole Grain Bread<br>Lettuce Salad/ Tomato                  | 7 Porkloin/ Celery Sauce<br>Sweet Potatoes<br>Peas<br>Frozen Cranberry Salad<br>Whole Grain Bread                       | 8 Garlic Baked Cod<br>Baby Baker Potatoes<br>Vegetable<br>Fruit<br>Whole Grain Bread                       |
| 11 Meatloaf Burger<br>Au Gratin Potatoes<br>Broccoli<br>Fruit<br>Bun on the Side                       | 12 Breaded Chicken Cordon<br>Bleu<br>Garlic Mashed Potatoes<br>Green Beans<br>Peaches<br>Whole Grain Bread | <b>13 Christmas Meal</b><br>Roast Beef<br>Mashed Potatoes/ Gravy<br>Peas<br>Blushing Chilled Pears<br>Whole Grain Bread | 14 Philly Cheese Steak<br>Casserole<br>Carrots<br>Red Spiced Applesauce<br>Lettuce Salad/ Tomatoes<br>Whole Grain Bread | 15 Creamed Chicken<br>Red & Yukon Gold Potatoes<br>Capri Blend Vegetable<br>Fruit<br>Croissant on the Side |
| 18 Salisbury Steak<br>Mashed Potatoes/ Gravy<br>Vegetable<br>Fruit<br>Whole Grain Bread                | 19 Goulash<br>Peas<br>Breadstick<br>Fruit  | 20 Ham & Wild Rice Casserole<br>Carrots<br>Baked Apples<br>Lettuce Salad/ Tomato<br>Whole Grain Bread                   | 21 Loaded Baked Potato with<br>Taco Meat and Cheese<br>Fiesta Blend Vegetables<br>Baked Pineapple<br>Whole Grain Bread  | 22 No Service  |
| 25 Christmas Day<br><br>No Service   | 26 Cranberry Meatballs<br>Sweet Potatoes<br>Broccoli<br>Peaches & Pears<br>Whole Grain Bread               | 27 Chicken Cacciatore with<br>Tomatoes/ Peppers<br>Baby Baker Potatoes<br>Cherry Apple Crisp<br>Whole Grain Bread       | 28 Ham Rotini Bake<br>Carrots<br>Warmed Fruit<br>Pea Salad<br>Whole Grain Bread   | 29 Turkey<br>Mashed Potatoes/ Gravy<br>Green Bean Casserole<br>Fruit<br>Whole Grain Bread                  |

Note: Each meal will consist of 3 oz of cooked protein, Whole Grain Bread, and 8 oz of 1% milk, 1 ½ cups of fruits and vegetables (fillers like Jello, pudding, and toppings don't count towards the fruit component) 1 ¼ c. of soup is a serving when it is served. Menus subject to change without notice with approval of Program Director. The minimum suggested donation is \$4.50 per meal. **Please call 692-1407 by 9am for meal reservations.**



Scan for Brookings menu and info