

Brookings August 2022  
Inter-Lakes Community Action Partnership  
60's Plus Dining Program- Senior Center

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Scalloped Potatoes & Ham 4 Way Blend Vegetable Warmed Applesauce Whole Grain Bread	2 Sloppy Joe Onion Roasted Potatoes Carrots Fruit Bun on the Side	3 Tuna Noodle Hotdish Peas Cherry Pear Fruit Crisp Lettuce Salad/ Tomato Whole Grain Bread	4 Mozzarella Chicken Baby Baker Potatoes Green Beans Fruit Whole Grain Bread	5 Mexican Beef Rice Casserole Corn Refried Beans Fruit Whole Grain Bread
8 Salisbury Steak Mashed Potatoes/ Gravy Glazed Carrots Peaches Whole Grain Bread	9 Tuscan Chicken Garlic Mashed Potatoes Corn Fruit Whole Grain Bread	10 Beef Stroganoff/ Noodles Peas Breadstick Lettuce Salad/ Tomato Tropical Fruit	11 Hamburger & Potato Casserole Green Beans Warmed Apples Whole Grain Bread	12 Salmon Rosemary Potatoes 4 Way Blend Vegetable Pears Whole Grain Bread
15 Orange Chicken Oriental Blend Vegetable Carrots Rice Fruit	16 Tater Tot Hotdish with Green Beans Red Spiced Applesauce Cornbread Coleslaw	17 BBQ Pulled Pork Company Potatoes Baked Beans Pineapple & Oranges Bun on the Side	18 Lasagna Warmed Spiced Peaches Breadstick Lettuce Salad/ Tomato	19 Chicken Corden Bleu Casserole Herb & Garlic Diced Potatoes Broccoli Tropical Fruit Whole Grain Bread
22 Sweet & Sour Meatballs Cheesy Garlic Mashed Potatoes Vegetable Pears Whole Grain Bread	23 Ham Sweet Potatoes Peas Strawberry Applesauce Whole Grain Bread	24 Spaghetti/ Meat Sauce Green Beans Fruit Crisp Whole Grain Bread	25 Turkey Mashed Potatoes/ Gravy Capri Blend Vegetable Fruit Whole Grain Bread	26 Hawaiian Chicken Salad Tomato Spoon Salad Cold Baked Beans Croissant on the Side
29 Autumn Chicken Sweet Potatoes Green Beans Mandarin Oranges Whole Grain Bread	30 Lemon Pepper Cod Baby Baker Potatoes 4 Way Blend Vegetable Fruit Whole Grain Bread	31 Rotini with Italian Chicken Broccoli Breadstick Fruit		

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 \$3.90 per meal. **Please call 692-1407 by 9am for meal reservations.**



Scan for Brookings menu and info