

Bryant May 2023  
Inter-Lakes Community Action Partnership  
60's Plus Dining Program

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<u>1</u> Ham Sweet Potato Green Beans Fruit Whole Grain Bread	<u>2</u> Salisbury Steak w/Gravy Mashed Potatoes/Gravy Peas Fruit Whole Grain Bread	<u>3</u> Taco Salad with meat, cheese, chips, lettuce, tomato, cheese Fruit	<u>4</u> Chicken Mashed Potatoes/Gravy Carrots Fruit Whole Grain Bread	<u>5</u> COOKS CHOICE Meat Vegetable Vegetable Fruit Whole Grain Bread
<u>8</u> Grilled Hamburger/ Bun Potato Salad Baked Beans Fruit	<u>9</u> Lasagna Lettuce Salad/ Tomato Fruit Whole Grain Bread	<u>10</u> Roast Beef Mashed Potatoes/Gravy Green Beans Fruit Whole Grain Bread	<u>11</u> Chicken Fried Steak Mashed Potatoes/Gravy California Blend Vegetable Pears Whole Grain Bread	<u>12</u> COOKS CHOICE Meat Vegetable Vegetable Fruit Whole Grain Bread
<u>15</u> Tacos with Protein/ Vegetables, Lettuce, Tomato Shell Diced Potatoes Mixed Fruit	<u>16</u> BBQ Pork Sandwich Potato Salad Peas Fruit	<u>17</u> Meatballs Sweet Potato Broccoli Fruit Whole Grain Bread	<u>18</u> Chicken Mashed Potatoes/Gravy Cooked Carrots Fruit Whole Grain Bread	<u>19</u> COOKS CHOICE Meat Vegetable Vegetable Fruit Whole Grain Bread
<u>22</u> Spaghetti/ Meat Sauce Lettuce Salad with Tomato Fruit Garlic Toast	<u>23</u> Fish Sandwich Diced Potatoes Pea Salad Fruit	<u>24</u> Chef Salad & Dressing w/Protein & Vegetables Crackers Peaches	<u>25</u> Chicken Fried Steak Mashed Potatoes/gravy Vegetable Fruit Whole Grain Bread	<u>26</u> COOKS CHOICE Meat Vegetable Vegetable Fruit Whole Grain Bread
<u>29</u> Memorial Day	<u>30</u> Grilled Hamburger/Bun Diced Potatoes Baked Beans Fruit	<u>31</u> Goulash Lettuce Salad with Tomato Fruit 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 \$4.00 per meal.

**Call Dolores Barker 628-2066 by 8:30am for a meal reservation.**