

CARPENTER January 2023
 Inter-Lakes Community Action Partnership
60's Plus Dining Program

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<u>2</u> Chicken Strips Mashed Potatoes/Gravy Broccoli Peaches Whole Grain Bread	<u>3</u> Meatballs Sweet Potato Green Beans Pears Whole Grain Bread	<u>4</u> Chicken Fried Steak Mashed Potatoes/Gravy Lettuce Salad/Tomatoes Fruit Whole Grain Bread	<u>5</u> French Dip Sandwich Potato Wedges Peas Fruit	<u>6</u> Pork Roast Mashed Potatoes/Gravy Carrots Fruit Whole Grain Bread
<u>9</u> Chicken Mashed Potatoes/Gravy Coleslaw Pineapple Whole Grain Bread	<u>10</u> Spaghetti/ Meat Sauce Lettuce Salad/ Tomatoes Fruit Garlic Bread	<u>11</u> Chicken over Biscuits Diced Potatoes Peas & Carrots Fruit	<u>12</u> Roast Beef / Combo Mashed Potatoes/Gravy Corn Mixed Fruit Whole Grain Bread	<u>13</u> Pork Chop Company Potatoes Green Beans Pineapple Whole Grain Bread
<u>16</u> Chicken Strips Mashed Potatoes/Gravy Vegetable Fruit Whole Grain Bread	<u>17</u> Goulash Lettuce Salad/ Tomatoes Fruit Garlic Bread	<u>18</u> Meatloaf Baked Potato Peas Fruit Whole Grain Bread	<u>19</u> Roast Beef / Combo Mashed Potatoes/Gravy Carrots Mixed Fruit Whole Grain Bread	<u>20</u> Tater Tot Casserole Mixed Vegetables Fruit Whole Grain Bread
<u>23</u> Chicken Mashed Potatoes/Gravy Cooked Carrots Pineapple Whole Grain Bread	<u>24</u> Fish Company Potatoes Tomato Spoon Salad Fruit Whole Grain Bread	<u>25</u> Hamburger/Bun Diced Potatoes Baked Beans Applesauce	<u>26</u> Roast Beef / Combo Mashed Potatoes/Gravy Lettuce Salad/ Tomatoes Mixed Fruit Whole Grain Bread	<u>27</u> Scalloped Potatoes/ Ham Corn Peach Crisp Whole Grain Bread
<u>30</u> Chicken Strips Mashed Potatoes/Gravy Peas Fruit Whole Grain Bread	<u>31</u> Chili Soup Cornbread Coleslaw Fruit Crackers			

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 the Restaurant at 352-5936 before 8:30 A.M.**