

Castlewood March 2024  
Inter-Lakes Community Action Partnership  
60's Plus Dining Program

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				<u>1</u> Fish Sandwich/ Bun Diced Potatoes Green Beans Fruit Whole Grain Bread
<u>4</u> Build a Burger/ Bun Diced Potatoes Baked Beans Fruit	<u>5</u> Baked Chicken Mashed Potatoes/Gravy California Blend Vegetable Fruit Whole Grain Bread	<u>6</u> Spaghetti/ Meat Sauce Green Beans Fruit Whole Grain Bread	<u>7</u> Roast Beef / Combo Mashed Potatoes/Gravy Carrots Fruit Whole Grain Bread	<u>8</u> Fish Potato Wedges Coleslaw Fruit Whole Grain Bread
<u>11</u> Chicken Strips Mashed Potatoes/ Gravy Lettuce Salad/Tomatoes Fruit Whole Grain Bread	<u>12</u> Ham & Scalloped Potatoes Green Beans Fruit Whole Grain Bread	<u>13</u> Chili Soup Cornbread Coleslaw Fruit Crackers	<u>14</u> French Dip Sandwich Sweet Potato Fries Vegetable Fruit	<u>15</u> Tuna Noodle Hotdish Mixed vegetables Fruit Whole Grain Bread
<u>18</u> Country Fried Steak Mashed Potatoes/Gravy Peas Fruit Whole Grain Bread	<u>19</u> Lasagna Lettuce Salad with Tomatoes Fruit Garlic Bread	<u>20</u> Ham Sweet Potatoes Green Beans Fruit Whole Grain Bread	<u>21</u> Roast Beef / Combo Mashed Potatoes/Gravy Vegetable Pears Whole Grain Bread	<u>22</u> Fish Baked Potato Coleslaw Fruit Whole Grain Bread
<u>25</u> Build a Burger/ Bun Diced Potatoes Lettuce Salad/ Tomatoes Fruit	<u>26</u> Polish Sausage/Kraut Mashed Potatoes/Gravy Peas Fruit Whole Grain Bread	<u>27</u> Goulash Corn Fruit Whole Grain Bread	<u>28</u> French Dip Sandwich Sweet Potato Fries Vegetable Fruit	<u>29</u> Fish Sandwich/ Bun Diced Potatoes California Blend Vegetable 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 \$4.50 per meal. **Call Ship's Inn 793-2690 for a meal reservation.**