

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				<u>1</u> Chicken Au Gratin Potatoes Green Beans Fruit Whole Grain Bread
<u>4</u> Chicken Strips Potato Wedges Coleslaw Fruit Whole Grain Bread	<u>5</u> Pork Chop Hashbrowns Broccoli Fruit Whole Grain Bread	<u>6</u> Chicken Fried Steak Mashed Potatoes/Gravy Peas Fruit Whole Grain Bread	<u>7</u> French Dip Sandwich Sweet Potato Fries Vegetable Fruit	<u>8</u> Lasagna Lettuce Salad/ Tomato Fruit Garlic Bread
<u>11</u> Build a Burger/Bun Diced Potatoes Baked Beans Fruit	<u>12</u> <b>Christmas Meal</b> Ham Cheesy Hashbrowns Green Beans Dinner Roll Fruit Dessert	<u>13</u> Goulash Vegetable Fruit Whole Grain Bread	<u>14</u> Roast Beef / Combo Mashed Potatoes/Gravy California Blend Vegetable Fruit Whole Grain Bread	<u>15</u> Grilled Chicken Sandwich with Lettuce & Tomato Diced Potatoes Fruit
<u>18</u> Ham & Scalloped Potatoes Green Beans Fruit Whole Grain Bread	<u>19</u> Chipped Beef over Toast Mashed Potatoes Broccoli Fruit	<u>20</u> Chili Soup Cornbread Coleslaw Fruit Crackers	<u>21</u> French Dip Sandwich Sweet Potato Fries Vegetable Fruit	<u>22</u> Fish Baked Potato Carrots Fruit Whole Grain Bread
<u>25</u> Christmas Day  No Service	<u>26</u> BBQ Chicken Sweet Potato Fries Vegetable Fruit Whole Grain Bread	<u>27</u> Spaghetti/ Meat Sauce Lettuce Salad/ Tomatoes Fruit Garlic Bread	<u>28</u> Roast Beef / Combo Mashed Potatoes/Gravy Green Beans Fruit Whole Grain Bread	<u>29</u> Meatloaf Baked Potato Peas 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.**