

Clear Lake July 2024
Inter-Lakes Community Action Partnership
60's Plus Dining Program

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Ham Steak Sweet Potatoes Corn Fruit Whole Grain Bread	2 Goulash Green Beans Fruit Breadstick	3 Cream Chicken over Biscuits Diced Potatoes Mixed Vegetables Fruit	4 4 th of July Closed	5 Chef Salad with Ham, Cheese, Egg, Lettuce, Tomatoes, Carrots, Croutons Fruit
8 Breaded Chicken Sandwich Baked Sweet Potato Fries Corn Fruit	9 Hot Beef Combo Mashed Potatoes/ Gravy Green Beans Fruit Whole Grain Bread	10 Pepperoni Pizza Lettuce Salad with Tomatoes Fruit	11 BBQ Pork Chop Baked Potato Carrots Fruit Dinner Roll	12 Taco Salad in Edible Shell with lettuce, meat, cheese, salsa, sour cream Fruit
15 Club Sandwich with Turkey, Ham, Lettuce, and Tomato Pea Salad Fruit	16 McRib/ Bun Hashbrown Patty Green Beans Fruit	17 Chicken Fried Steak Mashed Potatoes/Gravy Corn Fruit Whole Grain Bread	18 Shrimp Tater Tots Peas Fruit Dinner Roll	19 Hamburger/Bun Potato Salad Pickled Beets Fruit
22 Lasagna Lettuce Salad with Tomatoes Fruit Garlic Bread	23 Hot Dog/ Bun Corn on the Cob Baked Beans Fruit	24 Turkey Combo Mashed Potatoes/ Gravy Peas Fruit Whole Grain Bread	25 Pork Chop Cheesy Hashbrowns Carrots Fruit Dinner Roll	26 Boneless Chicken Wings Baked Curly Fries Celery Sticks/ Ranch Fruit
29 Canadian Bacon Pizza Lettuce Salad with Tomatoes Fruit	30 Chicken Alfredo/Noodles Broccoli Cauliflower Fruit Breadstick	31 Swedish Meatballs Mashed Potatoes/ Gravy Green Beans Fruit Dinner Roll		

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.

Please call 605-874-2552 by 9:00am for a meal reservation.