

DeSmet April 2025
Inter-Lakes Community Action Partnership
60's Plus Dining Program

Serving Time 11am -12pm

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 Meatloaf Mashed Potatoes/ Gravy Vegetable Fruit Whole Grain Bun	2 Chef Salad with protein, vegetables, cheese, Carrots Fruit Crackers	3 Chicken Mashed Potatoes/ Gravy Vegetable Fruit Whole Grain Bun	4 Fish Sandwich/ Bun Tater Tots Broccoli Fruit
7 Hawaiian Chicken Salad Fruit Dessert Whole Grain Bun	8 Goulash Vegetable Fruit Whole Grain Bun	9 Meat Sandwich/ Bun Tater Tots Vegetable Fruit Dessert	10 Pasta with Meat Sauce Vegetable Fruit Dessert Whole Grain Bun	11 Taco Salad with lettuce, tomato, etc Fruit Dessert Whole Grain Bun
14 Swedish Meatballs Mashed Potatoes Green Beans Fruit Whole Grain Bun	15 Chicken Breast Mashed Potato Vegetable Fruit Whole Grain Bread	16 Meat Sandwich/ Bun Baked Beans Vegetable Fruit Dessert	17 Chinese Chicken Rice Noodles Vegetable Vegetable Fruit	18 Fish Dinner Mashed Potatoes Vegetable Fruit Whole Grain Bun
21 Closed	22 Tater Tot Casserole Vegetable Fruit Whole Grain Bun	23 Meat Sandwich Potato Vegetable Fruit Dessert	24 Pasta with Meat Sauce Vegetable Fruit Dessert Whole Grain Bun	25 Soft Shell Tacos with protein, tomato, and lettuce Vegetable Fruit Dessert
28 Porkloin Mashed Potatoes Carrots Fruit Whole Grain Bread	29 Meatloaf Mashed Potatoes/ Gravy Vegetable Fruit Whole Grain Bun	30 Chef Salad with protein, vegetables, cheese, Carrots 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 \$4.50 per meal. Serving time 11am-12pm.

Call 854-3688 for meal reservation