Edgemont November 2026
Inter-Lakes Community Action Partnership
60's Plus Dining Program

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Ham & Scalloped Potatoes Peas Fruit Whole Grain Bread	3 Fish Baked Diced Potatoes Fruit Crisp Coleslaw Whole Grain Bread	4 Spaghetti & Meatballs Carrots Fruit Whole Grain Bread	5 Salisbury Steak/ Gravy Mashed Potatoes Green Beans Fruit Cocktail Whole Grain Bread	6 Tomato Soup Grilled Ham & Cheese Sandwich Tossed Lettuce Salad/ Tomato Fruit
9 Chicken Tenders Mashed Potatoes/ Gravy Green Beans Applesauce Whole Grain Bread	10 Hamburger Stroganoff Peas Warmed Peaches Coleslaw Whole Grain Bread	11 Veteran's Day No Service	12 Beef & Broccoli Oven Baked Rice Carrots Tropical Fruit	13 Cream of Potato Soup Grilled Turkey & Cheese Sandwich Tossed Lettuce Salad/ Tomato Fruit
16 Baked Chicken/ Gravy Mashed Potatoes Normandy Blend Vegetable Fruit Whole Grain Bread	17 Porkloin Mashed Potatoes Green Beans Fruit Whole Grain Bread	18 **Happy Birthday** Goulash Tossed Lettuce Salad/ Tomatoes Fruit Garlic Bread Cake	19 BBQ Chicken Baked Beans Coleslaw Fruit Whole Grain Bread	20 Corn Chowder Grilled Ham & Cheese Sandwich Tossed Lettuce Salad/ Tomato Fruit
23 Ham Sweet Potatoes Peas Pineapple Tidbits Whole Grain Bread	24 Sweet & Sour Chicken Oven Baked Rice Carrots Asian Blend Vegetable Mandarin Oranges	25 Meatloaf Baked Potato Green Beans Fruit Cocktail Whole Grain Bread	26 Thanksgiving No Service	27 No Service
30 Chicken Pot Pie topped with a Biscuit California Vegetables Pears				

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 suggested donation is $ 5.00 per meal.