Estelline November 2026
Home Delivered Meals
Inter-Lakes Community Action Partnership
60's Plus Dining Program

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Chicken Strips French Fries Coleslaw Grape Salad Whole Wheat Bread	3 Hot Beef Combo Mashed Potatoes/ Gravy Buttered Asparagus Fruit Whole Wheat Bread	4 Baked Ham Boiled Potatoes Creamed Cabbage Pears in Jello Whole Wheat Bread	5 Country Fried Steak Mashed Potatoes/ Gravy Green Beans Baked Apples Whole Wheat Bread	6 Goulash Peas & Carrots Fruit Cocktail Whole Wheat Bread
9 Roast Beef Whipped Potatoes/ Gravy Baby Carrots Peach Quick Cake Whole Wheat Bread	10 Chicken Pot Pie with Vegetables Peas & Carrots Orange Fruit Salad Whole Wheat Bread	11 Meatloaf Baked Potato/ Sour Cream Carrots Orange Slices Whole Wheat Bread	12 Tachos with meat, cheese, vegetables Sour Cream Raisin Bars Diced Peaches	13 Potato Chowder Saltine Crackers Ham Sandwich Pears in Jello
16 Broccoli Cheese Soup Saltine Crackers Cervelat Sandwich Baked Apples	17 Breaded Shrimp French Fries Diced Pears Pea Cheese Salad Whole Wheat Bread	18 Hot Ham and Cheese Sliders Tater Tots Carrots Fruit	19 Oven Fried Chicken Whipped Potatoes/ Gravy Corn Pineapple Whole Wheat Bread	20 Lasagna Lettuce Salad Cherries Whole Wheat Bread
23 Roast Beef Combo Mashed Potatoes/ Gravy Corn Applesauce Whole Wheat Bread	24 Swedish Meatballs Mashed Potatoes/ Gravy Boiled Cabbage Oranges Whole Wheat Bread	25 Chili Soup Saltine Crackers Grapes Cornbread	26 Thanksgiving No Service	27 Poor Man's Lobster Ranch Cube Potatoes Peas Diced Peaches Whole Wheat Bread
30 Chicken Vegetable Soup Ground Beef Salad Sandwich Pears in Orange Jello 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 suggested donation is $5.00 per meal**. Please call 605-873-2278 by 9am for cancellations.**