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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Orange Chicken Oriental Blend Vegetable Carrots Rice Fruit	3 Sloppy Joe Company Potatoes 4 Way Blend Vegetable Fruit Bun on the Side	4 Mozzarella Chicken Baby Baker Potatoes Tuscany Blend Fruit Whole Grain Bread	5 Salisbury Steak/ Mushroom Gravy Mashed Potatoes Capri Blend Vegetable Pineapple Whole Grain Bread	6 Ham & Swiss Pasta Italian Blend Vegetable Warmed Applesauce Whole Grain Bread Lettuce Salad/ Tomato
9 Swedish Meatballs Mashed Potatoes/ Gravy Green Beans Mandarin Oranges Whole Grain Bread	10 Chicken Alfredo/ Pasta Carrots Peas Tropical Fruit Whole Grain Bread	11 Veteran's Day No Service	12 Turkey/ Gravy Sweet Potatoes Normandy Blend Fruit Whole Grain Bread	13 Fajita Chicken Casserole Tomatoes Warm Spiced Peaches Whole Wheat Tortilla
16 Creamy Herb Chicken Rosemary Potatoes Peas Mandarin Oranges Whole Grain Bread	17 Garlic Butter Tilapia Baby Baker Potatoes 4 Way Blend Vegetable Applesauce Whole Grain Bread	18 Chicken Wild Rice Casserole Winter Blend Vegetable Carrots Fruit Whole Grain Bread	19 Roast Beef Mashed Potatoes/ Gravy Warmed Fruit Whole Grain Bread Coleslaw	20 Cranberry Meatballs Cheesy Mashed Potatoes Green Beans Pineapple Whole Grain Bread
23 Swiss Steak/ Tomatoes/ Peppers Capri Blend Vegetable Warmed Fruit Whole Grain Bread	24 Parmesan Chicken Red & Yukon Gold Potatoes Carrots Tropical Fruit Whole Grain Bread	25 Tuna Noodle Hotdish Italian Blend Vegetable Fruit Crisp Whole Grain Bread Lettuce Salad/ Tomato	26 **Thanksgiving** No Service	27 No Service
30 BBQ Bacon Chicken Garlic Roasted Carrots 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 suggested donation is $ 5.00 per meal for anyone who is over 60 years old. Anyone under 60 years old needs to talk to site manager about other options.