

LA BOLT January 2023
Inter-Lakes Community Action Partnership
60's Plus Dining Program

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<u>2</u> BBQ Chicken Sweet Potatoes Green Beans Mixed Fruit Whole Grain Bread	<u>3</u> Ham & Scalloped Potatoes Peas Fruit Whole Grain Bread	<u>4</u> Lasagna Lettuce Salad/ Tomato Fruit French/Garlic Bread	<u>5</u> Meatballs Baked Potato/Sour Cream California Blend Vegetable Fruit Whole Grain Bread	<u>6</u> Chicken Mashed Potatoes/Gravy Vegetable Pears Whole Grain Bread
<u>9</u> Ham Sweet Potato Broccoli Fruit Whole Grain Bread	<u>10</u> Tacos with Protein/ Vegetables, Shell Diced Potatoes Mandarin Oranges	<u>11</u> Pork Roast Mashed Potatoes/Gravy Cooked Carrots Applesauce Whole Grain Bread	<u>12</u> Fish Au Gratin Potatoes Peas Fruit Whole Grain Bread	<u>13</u> Tater Tot Casserole Vegetable Mixed Fruit Whole Grain Bread
<u>16</u> Meatloaf Sweet Potato Mixed Vegetables Pears Whole Grain Bread	<u>17</u> Pork Chop Mashed Potatoes/ Gravy California Blend Vegetable Fruit Whole Grain Bread	<u>18</u> Roast Beef Mashed Potatoes/Gravy Peas & Carrots Mandarin Oranges Whole Grain Bread	<u>19</u> Goulash Green Beans Fruit Whole Grain Bread	<u>20</u> Chicken Breast Company Potatoes Vegetable Fruit Whole Grain Bread
<u>23</u> Hamburger/Bun Diced Potatoes Corn Fruit	<u>24</u> Chili Soup Cornbread Coleslaw Fruit Crackers	<u>25</u> Chicken Fried Steak Mashed Potatoes /Gravy Cooked Carrots Pears Whole Grain Bread	<u>26</u> Pizza Lettuce Salad/Tomatoes Fruit	<u>27</u> Parmesan Chicken Baked Potato Peas Fruit Whole Grain Bread
<u>30</u> Spaghetti/ Meat Sauce Lettuce Salad/ Tomato Fruit Whole Grain Bread	<u>31</u> Chicken Sandwich/ Bun Potato Wedges Green Beans Fruit			

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 \$4.00 per meal. **Call CAFÉ at 623-4427 for meal reservations.**