

LA BOLT March 2024
Inter-Lakes Community Action Partnership
60's Plus Dining Program

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
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| | | | | <u>1</u> Breaded Fish Parslied Potatoes Green Beans Fruit Whole Grain Bread |
| <u>4</u> Tater Tot Hotdish Green Beans Fruit Whole Grain Bread | <u>5</u> Chicken Fried Steak Mashed Potatoes /Gravy Carrots Fruit Whole Grain Bread | <u>6</u> Spaghetti/ Meat Sauce Lettuce Salad with Tomatoes Fruit French/Garlic Bread | <u>7</u> Pork Chop Mashed Potatoes/Gravy California Blend Vegetable Fruit Whole Grain Bread | <u>8</u> Fish Sandwich/ Bun Company Potatoes Peas Fruit |
| <u>11</u> Meatloaf Mashed potatoes/gravy Corn Fruit Whole Grain Bread | <u>12</u> Lasagna Lettuce Salad with Tomatoes Fruit French/Garlic Bread | <u>13</u> Fried Chicken Mashed Potatoes/Gravy Peas Fruit Whole Grain Bread | <u>14</u> Ham Sweet Potatoes Broccoli Fruit Whole Grain Bread | <u>15</u> Fish Oven Roasted Potatoes Green Beans Fruit Whole Grain Bread |
| <u>18</u> Meatballs Baked Potato/Sour Cream Vegetable Fruit Whole Grain Bread | <u>19</u> Chili Soup Grilled Cheese Sandwich Coleslaw Fruit Crackers | <u>20</u> Scalloped Potatoes/ Ham Green Beans Fruit Whole Grain Bread | <u>21</u> Roast Beef Mashed Potatoes/Gravy Carrots Fruit Whole Grain Bread | <u>22</u> Cheese Pizza Lettuce Salad with Tomatoes Fruit |
| <u>25</u> Chicken Sandwich/ Bun Potato Wedges Broccoli Fruit | <u>26</u> Goulash Corn Fruit Whole Grain Bread | <u>27</u> Tacos with Protein/ Lettuce, Tomato, Cheese Shell Diced Potatoes Fruit | <u>28</u> Pulled Pork Sandwich/ Bun Sweet Potato Fries Baked Beans Fruit | <u>29</u> Tuna Noodle Hotdish Mixed Vegetable 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 minimum suggested donation is \$4.50 per meal. **Call CAFÉ at 623-4427 for meal reservations.**