

LAKE NORDEN December 2023
Inter-Lakes Community Action Partnership

60's Plus Dining Program **Call the volunteer by 9:30 am for a meal reservation**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				<u>1</u> Tacos with meat, cheese, lettuce, tomato, Shell Diced Potatoes Fruit
<u>Charlotte Nielson 605- 785-3891</u>				
<u>4</u> Beef Stroganoff/ Noodles Vegetable Green Beans Fruit Whole Grain Bread <u>Charlotte Nielson 605- 785-3891</u>	<u>5</u> Pork Chop Sweet Potato Vegetable Fruit Whole Grain Bread	<u>6</u> Lasagna Lettuce Salad/ Tomatoes Fruit Garlic Bread	<u>7</u> Chef Salad with meat, cheese, lettuce, tomato, etc Pears Whole Grain Bread	<u>8</u> Grilled Chicken Breast Baked Potato Pea Salad Fruit Whole Grain Bread
<u>11</u> Spaghetti /Meat Sauce Lettuce Salad/ Tomatoes Fruit Whole Grain Bread <u>Dorene Lemme 605-785-3709</u>	<u>12</u> Christmas Meal Ham Cheesy Potatoes Green Beans Fruit Dessert Dinner Roll	<u>13</u> Fish Baked Potato Vegetable Fruit Whole Grain Bread	<u>14</u> Meatballs Mashed Potatoes/Gravy Peas Fruit Whole Grain Bread	<u>15</u> Chicken Fried Steak Mashed Potatoes/Gravy Carrots Mixed Fruit Whole Grain Bread
<u>18</u> Grilled Hamburger/Bun Potato Wedges Lettuce Salad/ Tomatoes Pears <u>Dorene Lemme 605-785-3709</u>	<u>19</u> Goulash Mixed Vegetables Fruit Whole Grain Bread	<u>20</u> Scalloped Potatoes& Ham Peas Pineapple Whole Grain Bread	<u>21</u> Hot Beef Combo Mashed Potatoes/Gravy Carrots Fruit Whole Grain Bread	<u>22</u> Fish Sandwich Diced Potatoes Coleslaw Fruit
<u>25</u> Christmas Day No Service	<u>26</u> Chicken Strips Baked Fries Vegetable Fruit Whole Grain Bread <u>Charlotte Nielson 605-785-3891</u>	<u>27</u> Homemade Chili Soup Grilled Cheese Sandwich Coleslaw Fruit Crackers	<u>28</u> Soup Meat Sandwich Vegetable Pineapple	<u>29</u> Meatloaf Baked Potato/Sr Cream Carrots 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 the volunteer listed by 9:30am for a meal reservation. Serving time is 11-11:30am.**