

Madison HD March 2024  
Inter-Lakes Community Action Partnership  
60's Plus Dining Program

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 Oven Baked Salmon Garlic Mashed Potatoes Peas & Carrots Fruit Whole Grain Bread
4 Chicken & Wild Rice Casserole Carrots Warmed Fruit Coleslaw Whole Grain Bread	5 Swiss Steak/ Tomatoes/ Peppers/ Onions Baked Potato Warmed Applesauce Whole Grain Bread	6 Sloppy Joe Red & Yukon Gold Potatoes Green Beans Fruit Bun on the Side	7 Ham Sweet Potatoes Mixed Vegetables Fruit Whole Grain Bread	8 Shrimp Alfredo Broccoli Pear Crisp Pea Salad Whole Grain Bread
11 Sweet & Sour Chicken Parmesan Mashed Potatoes Stir Fry Vegetables Fruit Whole Grain Bread	12 Mushroom Swiss Burger Mashed Potatoes Carrots Fruit Whole Grain Bread	13 Ham & Scalloped Potatoes Capri Blend Vegetables Cherry Pear Crisp Whole Grain Bread	14 Lasagna Warmed Apples Bread Stick Lettuce Salad/ Tomatoes	15 Garlic Butter Cod AuGratin Potatoes Peas Fruit Whole Grain Bread
18 Swedish Meatballs Mashed Potatoes Broccoli Fruit Whole Grain Bread	19 Crispy Chicken Parmesan with Marinara Sauce Scalloped Potatoes Capri Blend Vegetables Fruit Whole Grain Bread	20 Tater Tot Hotdish Pineapple Crumble Breadstick Coleslaw	21 Porkloin/ Celery Sauce Mashed Potatoes Carrots Fruit Whole Grain Bread	22 Tuna Noodle Hotdish Peas Red Spiced Applesauce Tomato Spoon Salad Whole Grain Bread
25 Hot Hamburger with Gravy Mashed Potatoes/ Gravy Carrots Fruit Whole Grain Bread	26 Chicken Alfredo Broccoli Warm Fruit Compote Lettuce Salad/ Tomato Whole Grain Bread	27 BBQ Chicken Au Gratin Potatoes Fruit Crisp Coleslaw Bun on the Side	28 Meatloaf Sweet Potatoes Green Beans Fruit Whole Grain Bread	29 Salmon with Creamy Dill Sauce Baby Bakers 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 minimum suggested donation is \$4.50 per meal. **Call 605-256-6518 Ext 123 before 9:00am for a meal reservation.**