

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Swedish Meatballs Mashed Potatoes/ Gravy Peas Fruit Whole Grain Bread	2 Chicken Bacon Ranch Wrap Balsamic Cucumber Salad Raw Baby Carrots Fruit	3 Roast Beef Mashed Potatoes/ Gravy Vegetable Fruit Whole Grain Bread Holiday Frozen meal delivery	4 4 th of July	5 Sweet & Sour Chicken Breast Rosemary Potatoes Capri Blend Vegetable Mandarin Oranges Whole Grain Bread
8 Meatloaf Burger Au Gratin Potatoes Green Beans Fruit Whole Grain Bread	9 Chicken Cacciatore with Tomatoes/ Peppers Garlic Mashed Potatoes Peach Crisp Whole Grain Bread	10 Lemon Pepper Cod Baby Bakers Peas & Carrots Fruit Whole Grain Bread	11 Hawaiian Ham Steaks/ Pineapple Sauce Sweet Potatoes 5 Way Blend Vegetable Whole Grain Bread	12 BBQ Shredded Beef Cheesy Mashed Potatoes Corn Fruit Bun on the Side
15 Ham & Scalloped Potatoes Broccoli Warmed Fruit Compote Whole Grain Bread	16 Spaghetti/ Meatballs Peas Breadstick Applesauce	17 Swiss Steak with Tomatoes/Onions/Peppers Baby Bakers Pineapple Crumble Whole Grain Bread	18 Creamy Herbed Chicken Mashed Potatoes/ Gravy Peas & Carrots Frozen Cranberry Salad Whole Grain Bread	19 Hawaiian Chicken Salad/ Croissant Tomato Spoon Salad Raw Baby Carrots
22 Cranberry Meatballs Cheesy Mashed Potatoes Peas Fruit Whole Grain Bread	23 BBQ Pulled Pork Company Potatoes Carrots Fruit Bun on the Side	24 Sloppy Jo Au Gratin Potatoes Cherry Pear Crisp Tomato Spoon Salad Bun on the Side	25 Breaded Chicken Cordon Bleu Garlic Mashed Potatoes Red Spiced Applesauce Lettuce Salad/ Tomato Whole Grain Bread	26 Brat/ Sauerkraut Red & Yukon Gold Potatoes Green Beans Banana Berry Blend Bun on the Side
29 Parmesan Chicken Rosemary Potatoes Green Beans Fruit Whole Grain Bread	30 Mushroom Swiss Burger Mashed Potatoes/Gravy Corn Fruit Whole Grain Bread	31 Crispy Chicken Parmesan with Marinara Sauce Scalloped Potatoes Capri Blend Vegetables 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 256-6518 Ext 123 before 9:00am for a meal reservation.**