Martin November 2026
Inter-Lakes Community Action Partnership
60's Plus Dining Program

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Chicken Alfredo/ Noodles Beets Zucchini Applesauce Whole Grain Bread	3 BBQ Pulled Pork Scalloped Potatoes Peas Fruit Bun on the side	4 Lasagna Warmed Apples Breadstick Lettuce Salad/ Tomato	5 Salisbury Steak/ Gravy Baked Potato Green Beans Fruit Whole Grain Bread	6 Sloppy Joe Red & Yukon Gold Potatoes Carrots Tropical Fruit Bun on the side
9 Ham Scalloped Potatoes Beets Applesauce Whole Grain Bread	10 Garlic Butter Tilapia Baby Baker Potatoes Carrots Pineapple Whole Grain Bread	11 Veteran's Day No Service	12 Chicken/ Gravy Mashed Potatoes Normandy Blend Vegetable Fruit Whole Grain Bread	13 Chili Soup Green Beans Fruit Crisp Whole Grain Bread
16 BBQ Chicken Red & Yukon Gold Potatoes Cauliflower Fruit Whole Grain Bread	17 Beef Shepherd's Pie Zucchini Warmed Spiced Peaches Whole Grain Bread	18 **Thanksgiving Meal** Turkey/ Stuffing/ Cranberry Sauce Mashed Potatoes/ Gravy Green Beans Fruit Pie	19 Popcorn Chicken over Rice Broccoli Carrots Fruit	20 Goulash Corn Fruit Crisp Whole Grain Bread
23 Ham Sweet Potatoes Peas Pineapple Whole Grain Bread	24 Garlic Parmesan Chicken Rotini Noodles Beets Green Beans Fruit	25 Sweet & Sour Meatballs over Rice Carrots Asian Blend Vegetable Fruit	26 Thanksgiving No Service	27 No Service
30 Turkey Pot Pie topped with a Biscuit Green Beans Orange Wedges				

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 suggested donation is $ 5.00 per meal.