


STOCKHOLM January 2022  
Inter-Lakes Community Action Partnership  
60's Plus Dining Program

| MONDAY  | TUESDAY  | WEDNESDAY   | THURSDAY   | FRIDAY   | SATURDAY  |
|---|--|---|--|--|---|
|   |  |   |  |  | <u>1</u><br> |
| <u>3</u> Ham & Potato Omelet<br>Carrots<br>Biscuit<br>Banana  | <u>4</u> Goulash<br>Peas<br>Fruit<br>Whole Grain Bread   | <u>5</u> Pork Chop/Celery Sauce<br>Mashed Potatoes/Gravy<br>Vegetable<br>Fruit<br>Whole Grain Bread | <u>6</u> Meatloaf<br>Garlic Mashed Potatoes<br>Lettuce Salad<br>Fruit<br>Whole Grain Bread   | <u>7</u> Creamed Chicken over<br>Biscuits<br>Diced Potatoes<br>Green Beans<br>Pineapple        | <u>8</u> Cook's Choice  |
| <u>10</u> Spaghetti/ Meat Sauce<br>Mixed Vegetables<br>Fruit<br>Garlic Toast                        | <u>11</u> Fish<br>Au Gratin Potatoes<br>Peas<br>Pears<br>Whole Grain Bread   | <u>12</u> Tater Tot Hotdish<br>Lettuce Salad<br>Fruit<br>Whole Grain Bread                          | <u>13</u> Happy Birthday!<br>Roast Turkey<br>Mashed Potatoes/Gravy<br>Carrots<br>Fruit<br>Whole Grain Bread<br>Birthday Cake/Ice Cream | <u>14</u> Sloppy Joe/Bun<br>Oven Potatoes<br>Coleslaw<br>Fruit                                 | <u>15</u> Cook's Choice   |
| <u>17</u> Swedish Meatballs<br>Mashed Potatoes/Gravy<br>Green Beans<br>Peaches<br>Whole Grain Bread | <u>18</u> Ham<br>Sweet Potatoes<br>Vegetable<br>Apples<br>Whole Grain Bread  | <u>19</u> Roast Beef<br>Mashed Potatoes/Gravy<br>Carrots<br>Fruit<br>Whole Grain Bread              | <u>20</u> Lasagna<br>Lettuce Salad<br>Fruit<br>Garlic Toast  | <u>21</u> Bean & Ham Soup<br>(with vegetables)<br>Grilled Cheese Sandwich<br>Fruit<br>Crackers | <u>22</u> Cook's Choice   |
| <u>24</u> BBQ Chicken<br>Sweet Potatoes<br>Broccoli<br>M. Oranges<br>Whole Grain Bread              | <u>25</u> Liver & Onions<br>Baked Potato/Sour Cream<br>Green Beans<br>Fruit<br>Whole Grain Bread   | <u>26</u> Roast Turkey<br>Mashed potatoes/Gravy<br>Peas & Carrots<br>Pineapple<br>Whole Grain Bread | <u>27</u> Chili Soup<br>Cornbread<br>Apple Crisp<br>Coleslaw   | <u>28</u> Roast Beef<br>Mashed Potatoes/Gravy<br>Corn<br>Fruit<br>Whole Grain Bread            | <u>29</u> Cook's Choice   |
| <u>31</u> Swiss Steak<br>Mashed Potatoes/Gravy<br>Stewed Tomatoes<br>Fruit<br>Whole Grain Bread     | <p>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. <b>Call café 676-2307 for a meal reservation. The minimum suggested donation is \$3.90 per meal.</b></p> |   |  |  |   |