

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				<u>1</u> Egg Salad Sandwich Potato Soup Lettuce Salad/ Tomatoes Fruit
<u>4</u> Swiss Steak/Tomatoes & Onions Mashed Potatoes/Butter Corn Fruit Whole Grain Bread	<u>5</u> Ham & Scalloped Potatoes Lettuce Salad/ Tomato Fruit Whole Grain Bread	<u>6</u> Meatloaf Mashed Potatoes/ Gravy Vegetable Fruit Whole Grain Bread	<u>7</u> Pulled Pork Sandwich/ Bun Potato Salad Baked Beans Fruit	<u>8</u> Fish Sandwich/ Bun Au Gratin Potatoes Broccoli Fruit
<u>11</u> Tater Tot Hotdish Lettuce Salad/ Tomatoes Fruit Whole Grain Bread	<u>12</u> Lasagna Lettuce Salad/ Carrots Fruit Whole Grain Bread	<u>13</u> Polish Sausage/Sauerkraut Baked Potato Peas Fruit Whole Grain Bread	<u>14</u> Pork Chop Au Gratin Potatoes Broccoli Fruit Whole Grain Bread	<u>15</u> Grilled Cheese Sandwich Tomato Soup Coleslaw Fruit
<u>18</u> Chicken Fried Steak Mashed Potatoes/Gravy Lettuce Salad with Tomatoes Fruit Whole Grain Bread	<u>19</u> BBQ/ Bun Potato Salad Baked Beans Fruit	<u>20</u> Baked Chicken Mashed Potatoes/ Gravy Vegetable Fruit Whole Grain Bread	<u>21</u> Hot Roast Beef Combo Mashed Potatoes/Gravy Vegetable Fruit Whole Grain Bread	<u>22</u> Fish Mashed Potatoes/ Butter Vegetable Fruit Whole Grain Bread
<u>25</u> Ham Baked Potato/Sr Cream Carrots Fruit Whole Grain Bread	<u>26</u> Chicken Strips Mashed Potatoes/ Butter Vegetable Fruit Whole Grain Bread	<u>27</u> Parmesan Chicken/ Noodles Lettuce Salad/ Tomatoes Vegetable Fruit Whole Grain Bread	<u>28</u> Meatballs Mashed Potatoes/Gravy Green Beans Fruit Whole Grain Bread	<u>29</u> Fish Mashed Potatoes/ Butter Broccoli 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 676-2412 for a meal reservation. Serving starts at 11:00am.