

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<u>3</u> Polish Sausage/Sauerkraut Baked Potato Mixed Vegetables Mixed Fruit Whole Grain Bread	<u>4</u> Chicken Fried Steak Mashed Potatoes/Gravy Green Beans Applesauce Whole Grain Bread	<u>5</u> Meatballs Mashed Potatoes/ Gravy Corn Pineapple Whole Grain Bread	<u>6</u> Roast Beef Combo Mashed Potatoes/Gravy Carrots Fruit Whole Grain Bread	<u>7</u> Chili Soup Grilled Cheese Sandwich Fruit Crackers
<u>10</u> Swiss Steak/Tomatoes & Onions Mashed Potatoes/Butter Corn Fruit Whole Grain Bread	<u>11</u> Oven Baked Chicken Mashed Potatoes/ Gravy Carrots Fruit Whole Grain Bread	<u>12</u> BBQ/ Bun Potato Salad Baked Beans Fruit	<u>13</u> Fish Baked Potato Broccoli Pears Whole Grain Bread	<u>14</u> Ham & Scalloped Potatoes Lettuce Salad Vegetable Fruit Whole Grain Bread
<u>17</u> Parmesan Chicken Mashed Potatoes Vegetable Peaches Whole Grain Bread	<u>18</u> Goulash Cooked Carrots Applesauce Whole Grain Bread	<u>19</u> Chicken Strips Mashed Potatoes/Butter Vegetable Peaches Whole Grain Bread	<u>20</u> Ham Baked Potato Green Beans Pineapple Whole Grain Bread	<u>21</u> Tater Tot Hotdish Lettuce Salad/ Tomatoes Fruit Whole Grain Bun
<u>24</u> Swedish Meatballs Mashed Potatoes/Gravy Corn Fruit Whole Grain Bread	<u>25</u> Turkey Mashed Potatoes/ Gravy Vegetable Fruit Whole Grain Bread	<u>26</u> Chicken Fried Steak Mashed Potatoes w/Gravy Cooked Carrots Fruit Whole Grain Bread	<u>27</u> Lasagna Lettuce Salad/ Tomatoes Fruit Whole Grain Bread	<u>28</u> Hot Pork Combo Mashed Potatoes/Gravy Vegetable Fruit Whole Grain Bread
<u>31</u> Meatloaf Baked Potato Peas Fruit Crisp 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 \$3.90 per meal.

**Call 676-2412 for a meal reservation. Serving starts at 11:00am.**