

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<u>1</u> Popcorn Chicken Mashed Potatoes/ Butter Vegetable Fruit Whole Grain Bread	<u>2</u> BBQ/ Bun Potato Salad Baked Beans Fruit	<u>3</u> Pork Chop Mashed Potatoes/Gravy California Vegetables Fruit Whole Grain Bread	<u>4</u> 4 th of July	<u>5</u> Roast Beef Combo Mashed Potatoes/Gravy Carrots Fruit Whole Grain Bread
<u>8</u> Meatballs Mashed Potatoes/ Gravy Vegetable Fruit Whole Grain Bread	<u>9</u> Oven Baked Chicken Mashed Potatoes/Gravy Carrots Fruit Whole Grain Bread	<u>10</u> Chicken Fried Steak Mashed Potatoes/Gravy Peas Applesauce Whole Grain Bread	<u>11</u> Goulash Vegetable Lettuce Salad/ Tomatoes Fruit Garlic Toast	<u>12</u> Fish Baked Potato/Sour Cream Broccoli Pears Whole Grain Bread
<u>15</u> Lasagna Lettuce Salad/ Tomatoes Fruit Garlic Toast	<u>16</u> Chicken Strips Au Gratin Potatoes Peas Tropical Fruit Whole Grain Bread	<u>17</u> Pork Combos Mashed Potatoes/Gravy Broccoli Fruit Whole Grain Bread	<u>18</u> Meatloaf Baked Potato Vegetable Peaches Whole Grain Bread	<u>19</u> Ham Baked Potato Green Beans Fruit Whole Grain Bread
<u>22</u> Tater Tot Hotdish Vegetable Fruit Whole Grain Bread	<u>23</u> Swedish Meatballs Mashed Potatoes/ Gravy Vegetable Fruit Whole Grain Bread	<u>24</u> Baked Chicken Au Gratin Potatoes Peas Fruit Whole Grain Bread	<u>25</u> Polish Sausage Baked Potato Cooked Carrots Fruit Whole Grain Bread	<u>26</u> Chicken Fried Steak Mashed Potatoes/Gravy Lettuce Salad/ Tomatoes Fruit Whole Grain Bread
<u>29</u> Swiss Steak/ Tomatoes/ Onions Mashed Potatoes Green Beans Fruit Whole Grain Bread	<u>30</u> BBQ/ Bun Potato Salad Baked Beans Fruit	<u>31</u> Chicken Alfredo Lettuce Salad/ Tomato Vegetable 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.