

Watertown HD April 2025
Inter-Lakes Community Action Partnership
60's Plus Dining Program

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 Orange Chicken Asian Blend Vegetables Carrots Rice Fruit	2 Tater Tot Hotdish Pear Crisp Breadstick Lettuce Salad/ Tomato	3 Grilled Pork Chop/ Garlic Parmesan Sauce Sweet Potatoes Peas Strawberries & Peaches Whole Grain Bread	4 Breaded Fish Scalloped Potatoes Green Beans Fruit Bun on the Side
7 Salisbury Steak Mashed Potatoes/ Gravy Carrots Fruit Whole Grain Bread	8 Teriyaki Chicken/ Pineapple Sweet Potatoes Green Beans Whole Grain Bread	9 BBQ Pulled Pork Baby Bakers Warmed Spiced Peaches Coleslaw Bun on the Side	10 Meatloaf Cheesy Mashed Potatoes Peas Fruit Whole Grain Bread	11 Cheese Stuffed Pasta/ Red Sauce Broccoli Blueberry Apple Crisp Whole Grain Bread
14 Sweet & Sour Meatballs Rosemary Potatoes Green Beans Fruit Whole Grain Bread	15 Mushroom Swiss Chicken Mashed Potatoes/ Gravy Peas Fruit Whole Grain Bread	16 Scalloped Potatoes & Ham Capri Blend Vegetables Fruit Crisp Whole Grain Bread	17 Lasagna Maple Glazed Apples Bread Stick Lettuce Salad/ Tomatoes	18 Lemon Pepper Pollock Parmesan Mashed Potatoes Normandy Blend Vegetable Fruit Whole Grain Bread
21 Hot Hamburger with Onion Gravy Baby Bakers Broccoli Fruit Whole Grain Bread	22 Crispy Chicken with Red Sauce Red & Yukon Gold Potatoes Green Beans Banana Berry Blend Whole Grain Bread	23 Cranberry Meatballs Cheesy Mashed Potatoes Fruit Basket Crumble Lettuce Salad/ Tomato Whole Grain Bread	24 Roast Beef Mashed Potatoes/ Gravy Carrots Fruit Whole Grain Bread	25 Chicken Pot Pie over Biscuits Diced Potatoes Warm Fruit Compote
28 Breaded Chicken Corden Bleu Mashed Potatoes /Gravy Carrots Blushing Chilled Pears Whole Grain Bread	29 Beef Shepherd Pie Warmed Fruit Breadstick Lettuce Salad/ Tomato	30 Hawaiian Ham Steaks/ Pineapple Sauce Sweet Potatoes Vegetable 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 882-2166 before 9:15 am for a meal reservation.**