

WILLOW LAKE February 2024
 Inter-Lakes Community Action Partnership
60's Plus Dining Program
Meals are served at 11:30 AM

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 Pizza with meat and cheese Lettuce Salad/ Tomatoes Fruit	2 Tater Tot Hot Dish Lettuce Salad/ Tomato Fruit Whole Grain Bread
5 Spaghetti/ Meat Sauce Lettuce Salad/Tomatoes Fruit Garlic Bread	6 Roast Beef Mashed Potatoes/Gravy Green Beans Fruit Whole Grain Bread	7 Lasagna Lettuce Salad w/tomatoes Fruit Whole Grain Bread	8 French Dip Sandwich Vegetable Beef Soup Coleslaw Fruit	9 Meatballs Mashed Potatoes/Gravy Carrots Fruit Whole Grain Bread
12 Meatloaf Baked Potato Green Beans Fruit Whole Grain Bread	13 Chicken Mashed Potatoes/Gravy Carrots Fruit Whole Grain Bread	14 Hot Ham & Cheese Sandwich Potato Soup Baked Beans Fruit	15 Chicken Fried Steak Mashed Potatoes/Gravy Peas Fruit Whole Grain Bread	16 Egg Salad Sandwich Wisconsin Cheese Soup Vegetable Fruit
19 Chili Soup Grilled Cheese Sandwich Coleslaw Fruit Crackers	20 Hamburger Mashed Potatoes/Gravy Carrots Fruit Whole Grain Bread	21 Creamed Chicken over Biscuits Peas Carrots Fruit	22 Chicken Strips Mashed Potatoes/ Gravy Peas Fruit Whole Grain Bread	23 Fish Company Potatoes Pea Salad Fruit Whole Grain Bread
26 Scalloped Potatoes & Ham Sweet Potatoes Fruit Whole Grain Bread	27 Hot Hamburger Mashed Potatoes/Gravy Lettuce Salad/ Tomato Fruit Whole Grain Bread	28 BBQ Pork Sandwich/ Bun Au Gratin Potatoes Baked Beans Fruit	29 Goulash with Vegetables 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. **Meals are served at 11:30 AM**