

Brookings August 2024
Inter-Lakes Community Action Partnership
60's Plus Dining Program

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 Ham Sweet Potatoes Green Beans Mandarin Oranges Whole Grain Bread	2 Swedish Meatballs Mashed Potatoes/ Gravy Carrots Pineapple Dream Salad Whole Grain Bread
5 Salisbury Steak Mashed Potatoes/ Gravy Peas Peaches Whole Grain Bread	6 Tuscan Chicken Rosemary Potatoes Normandy Blend Vegetable Fruit Whole Grain Bread	7 Beef Stroganoff over Mashed Potatoes Carrots Apple Crisp Whole Grain Bread	8 Chicken Cacciatore Baby Bakers Corn Fruit Whole Grain Bread	9 Roast Beef Mashed Potatoes/ Gravy Green Beans Fruit Whole Grain Bread
12 BBQ Chicken Rosemary Potatoes Peas Fruit Whole Grain Bread	13 Mushroom Swiss Burger Mashed Potatoes/ Gravy Carrots Strawberries & Peaches Whole Grain Bread	14 Chicken Alfredo Pasta Broccoli Warm Fruit Compote Breadstick Lettuce Salad/ Tomato	15 Baked Pork/ Celery Sauce Sweet Potatoes Green Beans Frozen Cranberry Salad Whole Grain Bread	16 Meatloaf Scalloped Potatoes Vegetable Applesauce Whole Grain Bread
19 Cranberry Meatballs Cheese Mashed Potatoes Peas Fruit Whole Grain Bread	20 Sloppy Joe Onion Roasted Potatoes Carrots Fruit Bun on the Side	21 Scalloped Potatoes & Ham 4 Way Blend Vegetable Warmed Applesauce Whole Grain Bread	22 Mozzarella Chicken Baby Baker Potatoes Green Beans Fruit Whole Grain Bread	23 Tuna Noodle Hotdish Peas Cherry Pear Crisp Breadstick Lettuce Salad/ Tomato
26 Orange Chicken Oriental Blend Vegetable Carrots Rice Fruit	27 BBQ Pulled Pork Company Potatoes Chuck Wagon Corn Pineapple & M. Oranges Bun on the Side	28 Tater Tot Hotdish Carrots Red Spiced Applesauce Whole Grain Bread	29 Lasagna Rotini Warmed Spiced Peaches Breadstick Lettuce Salad/ Tomato	30 Chicken Corden Bleu Casserole Rosemary Potatoes Peas Tropical 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. **Please call 692-1407 by 9am for meal reservations.**