

BRUCE December 2023  
Inter-Lakes Community Action Partnership  
60's Plus Dining Program

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				<u>1</u> Salisbury Steak Mashed Potatoes/ Gravy Peas Fruit Whole Grain Bread
<u>4</u> Closed	<u>5</u> Hamburger/ Bun Diced Sweet Potatoes Peas Fruit	<u>6</u> Roast Beef Mashed Potatoes/Gravy Carrots Fruit Whole Grain Bread	<u>7</u> <b>Christmas Meal</b> Ham Cheesy Potatoes Green Beans Fruit Dessert Whole Grain Bread	<u>8</u> Tomato Soup Grilled Cheese Sandwich Coleslaw Fruit Crisp Crackers
<u>11</u> Closed	<u>12</u> Sloppy Joes/ Bun Hashbrowns Green Beans Fruit	<u>13</u> Spaghetti w/Meat Sauce Lettuce Salad/ Tomatoes Fruit Grilled Garlic Bread	<u>14</u> Chicken Fried Steak Mashed Potatoes /Gravy Peas Fruit Whole Grain Bread	<u>15</u> Swedish Meatballs Mashed Potatoes/ Gravy Carrots Fruit Whole Grain Bread
<u>18</u> Closed	<u>19</u> Chicken Strips Company Potatoes Vegetable Fruit Whole Grain Bread	<u>20</u> Parmesan Chicken Au Gratin Potatoes Carrots Fruit Whole Grain Bread	<u>21</u> Sausage Gravy over Biscuit Potato Corn Fruit	<u>22</u> Baked Fish Diced Potatoes California Blend Vegetables Fruit Whole Grain Bread
<u>25</u> Closed	<u>26</u> Tater Tot Hotdish Green Beans Peaches Whole Grain Bread	<u>27</u> Breaded Pork Tender. Mashed Potatoes/Gravy Carrots Fruit Whole Grain Bread	<u>28</u> BBQ Chicken Diced Sweet Potatoes Baked Beans Fruit Whole Grain Bread	<u>29</u> Tacos with meat, cheese, lettuce, tomato, shell Tater Tots Fruit

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 The Ridge after 10:15am for meal reservations at 627-5187.**