

Bryant June 2023
Inter-Lakes Community Action Partnership
60's Plus Dining Program

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 Chicken Mashed Potatoes/Gravy California Blend Veg. Pears Whole Grain Bread	2 COOKS CHOICE Meat Vegetable Vegetable Fruit Whole Grain Bread
5 Taco Salad with meat, chips, cheese, vegetables Fruit Crisp	6 Chicken Strips Mashed Potatoes /Gravy Carrots Fruit Whole Grain Bread	7 Pizza Lettuce Salad with Tomato Fruit	8 Chicken Fried Steak Mashed Potatoes/Gravy Peas Applesauce Whole Grain Bread	9 COOKS CHOICE Meat Vegetable Vegetable Fruit Whole Grain Bread
12 Spaghetti with Meat Sauce Lettuce Salad/ Tomato Fruit Garlic Toast	13 Hawaiian Chicken Salad on a Croissant Potato Salad Baked Beans	14 Meatballs Sweet Potato Vegetable Fruit Whole Grain Bread	15 Chicken Mashed Potatoes/Gravy Broccoli Fruit Whole Grain Bread	16 COOKS CHOICE Meat Vegetable Vegetable Fruit Whole Grain Bread
19 Meatballs Baked Potato/Sour Cream California Blend Vegetables Fruit Whole Grain Bread	20 Hamburger/Bun Potato Salad Baked Beans Fruit	21 Chef Salad & Dressing w/Protein & Vegetables Crackers Fruit	22 Chicken Fried Steak Mashed Potatoes/Gravy Carrots Fruit Whole Grain Bread	23 COOKS CHOICE Meat Vegetable Vegetable Fruit Whole Grain Bread
26 Turkey Club Sandwich with Lettuce and Tomato English Pea Salad Fruit	27 Swiss Steak with tomatoes and peppers Mashed Potatoes/gravy Fruit Whole Grain Bread	28 Tuna Noodle Hotdish Cooked Carrots Coleslaw Fruit Whole Grain Bread	29 Chicken Mashed Potatoes/Gravy Vegetable Fruit Whole Grain Bread	30 COOKS CHOICE Meat Vegetable 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 \$4.00 per meal. **Call Dolores Barker 628-2066 by 8:30am for a meal reservation.**