

CARPENTER March 2024
Inter-Lakes Community Action Partnership
60's Plus Dining Program

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				<u>1</u> Turkey Mashed Potatoes/Gravy Peas Fruit Whole Grain Bread
<u>4</u> Chicken Mashed Potatoes/Gravy Vegetable Fruit Whole Grain Bread	<u>5</u> Goulash Lettuce Salad/ Tomatoes Fruit Whole Grain Bread	<u>6</u> Pulled Pork Sandwich/ Bun Potato Salad Baked Beans Fruit	<u>7</u> Roast Beef / Combo Mashed Potatoes/Gravy Carrots Fruit Whole Grain Bread	<u>8</u> Chicken Fried Steak Mashed Potatoes/Gravy California Blend Vegetables Fruit Whole Grain Bread
<u>11</u> Chicken Strips Mashed Potatoes/Gravy Cooked Carrots Fruit Whole Grain Bread	<u>12</u> Meatloaf Au Gratin Potatoes Pea Salad Fruit Whole Grain Bread	<u>13</u> Chicken Sweet Potatoes Green Beans Pineapple Whole Grain Bread	<u>14</u> Roast Beef / Combo Mashed Potatoes/Gravy Lettuce Salad/ Tomato Fruit Whole Grain Bread	<u>15</u> Sausage Gravy over Biscuits Oven Potatoes Vegetable Fruit
<u>18</u> Chicken Mashed Potatoes/Gravy Lettuce Salad/ Tomato Fruit Whole Grain Bread	<u>19</u> Fish Company Potatoes Stewed Tomatoes Fruit Whole Grain Bread	<u>20</u> Chicken over Biscuits Diced Potatoes Carrots Fruit	<u>21</u> Roast Beef / Combo Mashed Potatoes/Gravy Peas Applesauce Whole Grain Bread	<u>22</u> Hot Ham & Cheese Sandwich Potato Soup Coleslaw Fruit
<u>25</u> Chicken Strips Mashed Potatoes/Gravy Broccoli Pineapple Whole Grain Bread	<u>26</u> Spaghetti/Meat Sauce Lettuce Salad with Tomatoes Fruit Garlic Bread	<u>27</u> Scalloped Potatoes/ Ham Green Beans Peach Crisp Whole Grain Bread	<u>28</u> Roast Beef / Combo Mashed Potatoes/Gravy Carrots Fruit Whole Grain Bread	<u>29</u> Meatballs Baked Potato/Sour Cream Peas 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. **Call Restaurant at 352-5936 before 8:30 A.M.**