

Castlewood May 2025
Inter-Lakes Community Action Partnership
60's Plus Dining Program

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 Roast Beef / Combo Mashed Potatoes/Gravy Vegetable Fruit Whole Grain Bread	2 Spaghetti/ Meat Sauce Lettuce Salad/ Tomatoes Fruit Garlic Bread
5 Grilled Chicken Sandwich Potato Salad Green Beans Fruit	6 Fish Baked Potato Pea Salad Fruit Whole Grain Bread	7 Chef Salad with meat, cheese, lettuce, tomatoes, etc, Crackers Fruit	8 French Dip Sandwich Sweet Potato Fries Vegetable Fruit	9 Tacos with lettuce, tomato meat, and cheese, Shell Tater Tots Fruit
12 Polish Sausage/Kraut Mashed Potatoes/Gravy Vegetable Fruit Whole Grain Bread	13 BBQ Chicken Cheesy Hashbrowns Baked Beans Fruit Whole Grain Bread	14 Taco Salad with meat, chips, cheese, lettuce, tomatoes, etc Fruit Crisp	15 Roast Beef / Combo Mashed Potatoes/Gravy Green Beans Pears Whole Grain Bread	16 Lasagna Lettuce Salad with Tomatoes Fruit Garlic Bread
19 Pork Chop Mashed Potatoes/Gravy Cooked Carrots Fruit Whole Grain Bread	20 Ham & Scalloped Potatoes Green Beans Fruit Whole Grain Bread	21 Crispy Chicken Salad with meat, cheese, lettuce, tomatoes, etc Fruit Bun	22 French Dip Sandwich Sweet Potato Fries Vegetable Fruit	23 Build a Burger/ Bun Diced Potatoes Baked Beans Fruit
26 Memorial Day	27 Goulash Green Beans Fruit Whole Grain Bread	28 Grilled Chicken Salad with meat, cheese, lettuce, tomatoes, etc Fruit Bun	29 Roast Beef / Combo Mashed Potatoes/Gravy Peas Fruit Whole Grain Bread	30 Country Fried Steak Mashed Potatoes/Gravy Cooked Carrots 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 Ship's Inn 793-2690 for a meal reservation.**