

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

Please call 874-2552 by 9:00am for a meal reservation.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 BBQ Pork Chop Baked Potato Peas & Carrots Fruit Dinner Roll	2 Taco Salad in Edible Shell with lettuce, meat, cheese, salsa, sour cream Fruit
5 Pepperoni & Hamburger Pizza Lettuce Salad/ Tomato Fruit	6 Swedish Meatballs Mashed Potatoes/ Gravy Green Beans Fruit Whole Grain Bread	7 Loaded Baked Potato with Bacon, broccoli, and cheese Fruit Whole Grain Bread	8 Fish Au Gratin Potatoes Peas Fruit Whole Grain Bread	9 Club Sandwich with Turkey & ham, cheese, lettuce, tomato Vegetable Fruit
12 Hamburger/Bun Potato Wedges Baked Beans Fruit	13 Hot Beef Combo Mashed Potatoes/ Gravy Green Beans Fruit Whole Grain Bread	14 Pork Chop Baked Potato Corn Fruit Dinner Roll	15 Goulash Lettuce Salad/ Tomato Fruit Garlic Bread	16 All Beef Hotdog/ Bun Sweet Potato Fries Pasta Salad with Vegetables Fruit
19 Pizza with Canadian Bacon Lettuce Salad/ Tomato Fruit	20 Chicken Fried Steak Mashed Potatoes/Gravy Corn Fruit Whole Grain Bread	21 Porkloin/ Bun Potato Salad Pickled Beets Fruit	22 Shrimp Baked Potato Peas Fruit Dinner Roll	23 Soft Shell Tacos with meat, cheese, lettuce, Tomato Tater Tots Fruit
26 Ham Steak Au Gratin Potatoes Vegetables Fruit Dinner Roll	27 Sausage Gravy Mashed Potatoes Green Beans Fruit Biscuit	28 Chef Salad with Ham, Cheese, Egg, Tomatoes, Cucumbers, Croutons Fruit	29 Chicken Alfredo/ Noodles Broccoli Carrots Fruit Garlic Bread	30 Breaded Chicken/ Bun Baked Waffle Fries Coleslaw 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.

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