

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

Serving Time 11am -12pm

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 Chicken Mashed Potatoes/ Gravy Vegetable Fruit Whole Grain Bun	2 Taco Salad with lettuce, tomato, etc Fruit Dessert Whole Grain Bun
5 Hawaiian Chicken Salad Fruit Dessert Whole Grain Bun	6 Goulash Vegetable Fruit Whole Grain Bun	7 Meat Sandwich/ Bun Tater Tots Vegetable Fruit Dessert	8 Pasta with Meat Sauce Vegetable Fruit Dessert Whole Grain Bun	9 BBQ/ Bun Tater Tots Vegetable Fruit
12 Swedish Meatballs Mashed Potatoes Green Beans Fruit Whole Grain Bun	13 Chicken Breast Mashed Potato Vegetable Fruit Whole Grain Bread	14 Chef Salad with protein, vegetables, cheese, Carrots Fruit Crackers	15 Chinese Chicken Rice Noodles Vegetable Vegetable Fruit	16 2 Soft Shell Tacos with protein, tomato, and lettuce Vegetable Fruit Dessert
19 Steak Tips Mashed Potatoes Vegetable Fruit Whole Grain Bun Dessert	20 Tater Tot Casserole Vegetable Fruit Whole Grain Bun	21 Meat Sandwich Potato Vegetable Fruit Dessert	22 Pasta with Meat Sauce Vegetable Fruit Dessert Whole Grain Bun	23 Chicken Pot Pie over Biscuits Vegetable Fruit Whole Grain Bread
26 Memorial Day Closed	27 Closed	28 Chef Salad with protein, vegetables, cheese, Carrots Fruit Crackers	29 Chicken Mashed Potatoes/ Gravy Vegetable Fruit Whole Grain Bun	30 All Beef Hot Dog/ Bun Tater Tots Vegetable 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. Serving time 11am-12pm.

**Call 854-3688 for meal reservation**