Blue Jays – Egan May 2025 Star Card 60's Plus Dining Program

Inter-Lakes Community Action Partnership

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				Buffalo Chicken or Chicken Bacon Ranch Wrap Potato Vegetable Fruit	2 Choice of Mexican Entre Vegetable Fruit	3 Hot Ham or Hot Turkey & Swiss Sandwich Potato Vegetable Fruit
4 Boneless Wings/ 1 Sauce Potato Vegetable Fruit Whole Grain Bread	5 Chicken Fried Steak Mashed Potatoes/ Gravy Vegetable Fruit Whole Grain Bread	6 Cheeseburger/ Bun Potato Vegetable Fruit	7 Hot Beef Mashed Potatoes/ Gravy Vegetable Fruit Whole Grain Bread	8 Meatball Sub Sandwich Potato Vegetable Fruit	9 Choice of Mexican Entre Vegetable Fruit	10 Chicken Strips French Fries Vegetable Fruit Whole Grain Bread
11 Mother's Day Buffet 9-1pm	12 Chicken Fried Steak Mashed Potatoes/ Gravy Vegetable Fruit Whole Grain Bread	13 Popper Burger/ Bun Potato Vegetable Fruit	14 Hot Hamburger Mashed Potatoes/ Gravy Vegetable Fruit Whole Grain Bread	15 Ribeye Sandwich Potato Vegetable Fruit	16 Choice of Mexican Entre Vegetable Fruit	17 Lumpy Burger/ Bun Potato Vegetable Fruit
18 Boneless Wings/ 1 Sauce Potato Vegetable Fruit Whole Grain Bread	19 Chicken Fried Steak Mashed Potatoes/ Gravy Vegetable Fruit Whole Grain Bread	20 BlueJay Burger/ Bun Potato Vegetable Fruit	21 Hot Pork Mashed Potatoes/Gravy Vegetable Fruit Whole Grain Bread	22 Chef Salad with protein and vegetables Fruit Crackers	23 Choice of Mexican Entre Vegetable Fruit	24 Crispy Chicken Potato Vegetable Fruit Whole Grain Bread
25 Boneless Wings/ 1 Sauce Potato Vegetable Fruit Whole Grain Bread	26 Memorial Day No Service	27 Patti Melt Sandwich Potato Vegetable Fruit	28 Hot Turkey Mashed Potatoes/Gravy Vegetable Fruit Whole Grain Bread	29 Cheeseburger/ Bun Potato Vegetable Fruit	30 Choice of Mexican Entre Vegetable Fruit	31 Southwest Popper Burger/ Bun Potato 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 ½ 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 605-997-3992 for a meal reservation.**