

Howard June 2023
 Inter-Lakes Community Action Partnership
60's Plus Dining Program

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 Salisbury Steak/ Gravy Parsley Potatoes Capri Vegetables Tropical Fruit Cup Bread	2 Roast Beef & Cheese Sandwich Tomato Slices/ Lettuce Green Beans Scalloped Apples
5 Roast Beef/ Gravy Whipped Potatoes Green Beans Bread Fruit	6 Crunchy Pork Steak/ Gravy Cornbread Stuffing Glazed Carrots Fruit	7 Chicken Alfredo/ Noodles Seasoned Carrots Chilled Melon Bread	8 Honey Mustard Chicken Baked Potato/Sour Cream Seasoned Beets Fruit Bread	9 Fish Fillet Wild Rice Blend Italian Vegetables Pineapple Cornbread
12 Franks & Beans Home Fried Potatoes Creamed Corn Applesauce Bread	13 Country Fried Steak/ Gravy Whipped Potatoes Peas & Mushrooms Fruit Bread	14 Baked Ham/ Pineapple Sauce Hashbrown Casserole Chef Vegetable Blend Fruit Bread	15 Sausage with/Peppers & Onions Zucchini Biscuit Fresh Fruit	16 Crispy Fish Fillet Baked Potato Seasoned Carrots Watermelon
19 Chicken Cacciatore Parmesan & Basil Pasta Green Beans Bread Fruit	20 Roast Pork/Gravy Parsley Potatoes Stewed Tomatoes Chilled Melon Bread	21 Lasagna California Blend Veggies Peaches Garlic Bread Stick	22 Crispy Chicken Macaroni Salad Pickled Beets Fruit Cobbler	23 Parmesan Fish Tater Tots Peas & Carrots Tropical Fruit Cup Garlic Cheddar Biscuit
26 Fish Fillet French Fries Dilly Carrots Bread Fruit	27 Meatloaf/ Gravy Baked Potato Seasoned Broccoli Mandarin Oranges Bread	28 Ham & Scalloped Potatoes Green Peas Bread Fruit	29 Salisbury Steak/ Gravy Parsley Potatoes Capri Vegetables Tropical Fruit Cup Bread	30 Roast Beef & Cheese Sandwich Tomato Slices/ Lettuce Green Beans Scalloped Apples

Note: 8 fluid ounces of 1% Milk (or skim) and 8 fluid ounces of Coffee or Tea served with all meals.

Menus subject to change without notice with approval of Program Director. The minimum suggested donation is \$4.00 per meal.

Call Good Samaritan Home at 772-4481 by 9:00 A.M. FOR MEAL RESERVATION