

Lake Preston March 2024  
Inter-Lakes Community Action Partnership  
60's Plus Dining Program

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				<u>1</u> No Service
<u>4</u> No Service	<u>5</u> No Service	<u>6</u> No Service	<u>7</u> No Service	<u>8</u> No Service
<u>11</u> Spaghetti/ Meat Sauce Peas Fruit Whole Grain Bread	<u>12</u> BBQ Pork Sandwich/ Bun Company Potatoes Green Beans Fruit	<u>13</u> Baked Chicken Mashed Potatoes/Gravy California Blend Vegetable Fruit Whole Grain Bread	<u>14</u> Meatloaf Baked Potato Carrots Fruit Whole Grain Bread	<u>15</u> Fish Sandwich Diced Potatoes Coleslaw Fruit
<u>18</u> Pizza Lettuce Salad with Tomato Fruit	<u>19</u> Tater Tot Hotdish Green Beans Fruit Whole Grain Bread	<u>20</u> Chili Soup Cornbread Coleslaw Fruit Crackers	<u>21</u> Hot Beef Mashed Potatoes/ Gravy Cooked Carrots Fruit Whole Grain Bread	<u>22</u> Chicken Strips Au Gratin Potatoes Peas Fruit Whole Grain Bread
<u>25</u> BBQ Chicken Sandwich Potato Salad Baked Beans Fruit	<u>26</u> Ham & Scalloped Potatoes Green Beans Fruit Whole Grain Bread	<u>27</u> Pork Chop Sweet Potato Broccoli Fruit Whole Grain Bread	<u>28</u> Chicken Strips Au Gratin Potatoes Lettuce Salad/ Tomatoes Fruit Whole Grain Bread	<u>29</u> Goulash Corn 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 with a sandwich. Menus subject to change without notice with approval of Program Director. The minimum suggested donation is \$4.50 per meal. **Call café 847-4605 before 9:00am for a meal reservation.**