

STOCKHOLM February 2022  
Inter-Lakes Community Action Partnership  
60's Plus Dining Program

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	<u>1</u> Beef Stew Cornbread Coleslaw Fruit	<u>2</u> Chicken Mashed Potatoes/Gravy Carrots Peaches Whole Grain Bread	<u>3</u> Tater Tot Hotdish with Green Beans Fruit Whole Grain Bread	<u>4</u> Fish Au Gratin Potatoes Broccoli Pears Whole Grain Bread	<u>5</u> Cook's Choice
<u>7</u> Chicken Pot Pie Coleslaw Fruit Biscuit	<u>8</u> Ham Sweet Potatoes Corn Pineapple Whole Grain Bread	<u>9</u> Spaghetti/ Meat Sauce Lettuce Salad/ Tomatoes Fruit Garlic Toast	<u>10</u> Happy Birthday! Roast Turkey Mashed Potatoes/Gravy Mixed vegetables Fruit Whole Grain Bread Birthday Cake/Ice Cream	<u>11</u> Bean & Ham Soup (with vegetables) Grilled Cheese Sandwich Fruit Crackers	<u>12</u> Cook's Choice
<u>14</u> Lasagna Lettuce Salad/ Tomatoes Peaches Garlic Toast	<u>15</u> Egg Bake Diced Potatoes Green Beans Tropical Fruit Whole Grain Bread	<u>16</u> Cream of Potato Soup Turkey Club Sandwich Fruit Crackers	<u>18</u> Meatloaf Baked Potato/Sour Cream Peas Fruit Whole Grain Bread	<u>19</u> Roast Beef Mashed Potatoes/Gravy Carrots Fruit Whole Grain Bread	<u>20</u> Cook's Choice
<u>22</u> Tuna Noodle Hotdish Lettuce Salad/ Tomatoes Pears Whole Grain Bread	<u>23</u> BBQ Chicken Oven Roasted Potatoes Baked Beans M. Oranges Whole Grain Bread	<u>24</u> French Dip Sandwich Oven Potatoes Carrots Peaches	<u>25</u> Pork Loin/Celery Sc Mashed Potatoes Cooked Cabbage Fruit Whole Grain Bread	<u>26</u> Roast Turkey Sweet Potatoes Green Beans Fruit Whole Grain Bread	<u>27</u> Cook's Choice
<u>28</u> Swiss Steak/ Tomatoes/Onions Mashed Potatoes/Gravy Carrots 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. Menus subject to change without notice with approval of Program Director. **Call café 676-2307 for a meal reservation. The minimum suggested donation is \$3.90 per meal.**