

STOCKHOLM December 2023
Inter-Lakes Community Action Partnership
60's Plus Dining Program

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				<u>1</u> Pork Loin/Celery Sauce Mashed Potatoes/Gravy Mixed Vegetables Fruit Whole Grain Bread	<u>2</u> Cook's Choice
<u>4</u> BBQ Pork Sandwich Oven Potatoes Glazed Carrots Applesauce	<u>5</u> Goulash Lettuce Salad/ Tomato Fruit Whole Grain Bread	<u>6</u> Creamed Chicken over Biscuits Tater Tots Peas Pineapple	<u>7</u> Meatballs Mashed Potatoes/ Gravy Vegetable Fruit Whole Grain Bread	<u>8</u> Salisbury Steak Mashed Potatoes/Gravy Stewed Tomatoes Fruit Whole Grain Bread	<u>9</u> Cook's Choice
<u>11</u> Meatloaf Sweet Potatoes Vegetable Fruit Whole Grain Bread	<u>12</u> Roast Beef Mashed Potatoes/Gravy Peas & Corn Fruit Whole Grain Bread	<u>13</u> Chicken Baked Potato Lettuce Salad/ Tomato Fruit Whole Grain Bread	<u>14</u> Happy Birthday! Roast Turkey Mashed Potatoes/Gravy Carrots Fruit Whole Grain Bread Birthday Cake/Ice Cream	<u>15</u> Christmas Meal Ham Cheesy Potatoes Green Beans Fruit Dessert Whole Grain Bread	<u>16</u> Cook's Choice
<u>18</u> Lasagna Lettuce Salad/ Tomato Fruit Garlic Toast	<u>19</u> Parmesan Chicken Baked Potato Green Beans Fruit Whole Grain Bread	<u>20</u> Salisbury Steak Mashed Potatoes/Gravy Corn Applesauce Whole Grain Bread	<u>21</u> Tuna Noodle Hotdish Peas Carrots Fruit Whole Grain Bread	<u>22</u> Chili Soup Cornbread Apple Crisp Coleslaw	<u>23</u> Cook's Choice
<u>25</u> Christmas Day No Service	<u>26</u> Liver & Onions Baked Potato/Sour Cream Lettuce Salad/ Tomato Fruit Whole Grain Bread	<u>27</u> Ham & Scalloped Potatoes Peas Fruit Whole Grain Bread	<u>28</u> Swedish Meatballs Mashed Potatoes/Gravy Carrots Fruit Whole Grain Bread	<u>29</u> BBQ Chicken Sweet Potatoes Vegetable Fruit Whole Grain Bread	30 Cook's Choice

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 \$4.50 per meal.**