

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

| MONDAY   | TUESDAY  | WEDNESDAY  | THURSDAY   | FRIDAY   |
|--|--|--|--|--|
|  | <u>1</u> BBQ Chicken Bites<br>Sweet Potato<br>Green Beans<br>Fruit<br>Cornbread Muffin                       | <u>2</u> Ham & Scalloped Potatoes<br>Broccoli<br>Fruit<br>Whole Grain Bread                          | <u>3</u> Roast Beef Combo<br>Mashed Potatoes/Gravy<br>Cooked Carrots<br>Fruit<br>Whole Grain Bread | <u>4</u> Chicken Alfredo<br>Lettuce Salad/ Tomatoes<br>Fruit Crisp<br>Garlic Bread   |
| <u>7</u> Chicken Fried Steak<br>Mashed Potatoes/Gravy<br>Green Beans<br>Peaches<br>Whole Grain Bread   | <u>8</u> Goulash<br>Vegetable<br>Fruit<br>Whole Grain Bread  | <u>9</u> Ham<br>Au Gratin Potatoes<br>California Blend Vegetables<br>Applesauce<br>Whole Grain Bread | <u>10</u> BBQ/ Bun<br>Potato Salad<br>Baked Beans<br>Pineapple                                     | <u>11</u> Polish Sausage<br>Baked Potato<br>Sauerkraut<br>Fruit<br>Whole Grain Bread |
| <u>14</u> Fish Sandwich<br>Baked Potato<br>Vegetable<br>Fruit  | <u>15</u> Turkey/ Stuffing<br>Mashed Potatoes/Gravy<br>California Blend Vegetables<br>Pineapple              | <u>16</u> Pork Roast<br>Mashed Potatoes/Gravy<br>Vegetable<br>Tropical Fruit<br>Whole Grain Bread    | <u>17</u> Chicken Fried Steak<br>Mashed Potatoes/Gravy<br>Peas<br>Fruit<br>Whole Grain Bread       | <u>18</u> Lasagna<br>Lettuce Salad/ Tomatoes<br>Applesauce<br>Whole Grain Bread      |
| <u>21</u> Meatballs<br>Mashed Potatoes/ Gravy<br>Lettuce Salad/ Tomatoes<br>Fruit<br>Whole Grain Bread | <u>22</u> Swiss Steak with Onions<br>and Tomatoes<br>Baked Potato<br>Corn<br>Applesauce<br>Whole Grain Bread | <u>23</u> Herbed Pork Chop<br>Au Gratin Potatoes<br>Peas<br>Mandarin Oranges<br>Whole Grain Bread    | <u>24</u> Oven Baked Chicken<br>Mashed Potatoes/Gravy<br>Green Beans<br>Fruit<br>Whole Grain Bread | <u>25</u> Chili Soup<br>Grilled Cheese Sandwich<br>Coleslaw<br>Pineapple<br>Crackers |
| <u>28</u> Meatloaf<br>Mashed Potatoes/Gravy<br>Peas & Carrots<br>Pears<br>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. The minimum suggested donation is \$3.90 per meal.

**Call 676-2412 for a meal reservation. Serving starts at 11:00am.**