

STRANDBURG August 2024
Inter-Lakes Community Action Partnership
60's Plus Dining Program

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			<u>1</u> Hot Pork Combo Mashed Potatoes/Gravy Vegetable Fruit Whole Grain Bread	<u>2</u> Meatloaf Mashed Potatoes/Butter Carrots Fruit Whole Grain Bread
<u>5</u> Popcorn Chicken Au Gratin Potatoes Vegetable Fruit Whole Grain Bread	<u>6</u> Fish Baked Potato Vegetable Peaches Whole Grain Bread	<u>7</u> Turkey Stuffing Mashed Potatoes/Gravy Vegetable Fruit	<u>8</u> Chicken Fried Steak Mashed Potatoes w/Gravy Carrots Fruit Whole Grain Bread	<u>9</u> Scalloped Potatoes & Ham Peas Lettuce Salad Fruit Whole Grain Bread
<u>12</u> Chicken Sandwich Potato Wedges Baked Beans Fruit	<u>13</u> Meatballs Mashed Potatoes/Gravy Carrots Peaches Whole Grain Bread	<u>14</u> Lasagna Broccoli Mandarin Oranges Whole Grain Bread	<u>15</u> Swiss Steak with Tomatoes & Onions Mashed Potatoes/Butter Vegetable Fruit Whole Grain Bread	<u>16</u> Pork Chops Mashed Potatoes/gravy Corn Tropical Fruit Whole Grain Bread
<u>19</u> Ham Baked Potato Peas Fruit Whole Grain Bread	<u>20</u> Chicken Strips Mashed Potatoes/ Butter Green Beans Fruit Whole Grain Bread	<u>21</u> Chicken Fried Steak Mashed Potatoes /Gravy Lettuce Salad/ Tomato Fruit Whole Grain Bread	<u>22</u> Fish Sandwich/ Bun Fried Potatoes Coleslaw Fruit	<u>23</u> Hot Beef Combo Mashed Potatoes/Gravy Carrots Fruit Whole Grain Bread
<u>26</u> Baked Chicken Mashed Potatoes/ Gravy Broccoli Fruit Whole Grain Bread	<u>27</u> Tater Tot Hotdish Carrots Fruit Whole Grain Bread	<u>28</u> Polish Sausage/ Sauerkraut Baked Potato Peas Fruit	<u>29</u> Chicken Alfredo Lettuce Salad/ Tomato Vegetable Fruit Whole Grain Bread	<u>30</u> Swedish Meatballs Mashed Potatoes/ Gravy Vegetable 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. The minimum suggested donation is \$4.50 per meal.

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