

Watertown HD May 2025
Inter-Lakes Community Action Partnership
60's Plus Dining Program

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 BBQ Pulled Pork Company Potatoes Peas & Carrots Fruit Bun on the Side	2 Brat/ Sauerkraut Red & Yukon Gold Potatoes Corn Banana Berry Blend Bun on the Side
5 Mushroom Swiss Burger Mashed Potatoes/Gravy Vegetable Fruit Whole Grain Bread	6 Orange Chicken Rice Asian Blend Vegetable Carrots Fruit	7 Sloppy Jo Peas Apple Crisp Potato Salad Bun on the Side	8 Mother's Day Meal Porkloin/ Celery Sauce Mashed Potatoes/Gravy Green Beans Homemade Fruit Salad Whole Grain Bread	9 Lasagna Breadstick Warm Fruit Compote Lettuce Salad/ Tomato
12 Bacon Cheeseburger Baby Baker Halves Peas Fruit Bun on the Side	13 Chicken Alfredo/Penne Noodles Broccoli Warmed Fruit Whole Grain Bread Cucumber Salad	14 Loaded Baked Potato with Taco Meat Corn Fruit Basket Crumble Whole Grain Bread	15 Hawaiian Ham Steaks/ Pineapple Sauce Sweet Potatoes 5 Way Blend Vegetable Whole Grain Bread	16 Creamy Herb Chicken Rosemary Potatoes Sliced Zucchini Fruit Whole Grain Bread
19 Sweet & Sour Chicken Breast Rosemary Potatoes Capri Blend Vegetable Mandarin Oranges Whole Grain Bread	20 Goulash Peas Breadstick Fruit	21 Boneless Pork Rib Au Gratin Potatoes Warmed Apples Three Bean Salad Whole Grain Bread	22 Roast Beef Mashed Potatoes/ Gravy Carrots Fruit Whole Grain Bread	23 Teriyaki Salmon Baby Baker Halves Malibu Blend Vegetable Fruit Whole Grain Bread
26 Memorial Day No Service	27 Meatloaf Burger Scalloped Potatoes Corn Fruit Whole Grain Bread	28 Spaghetti/ Meatballs Warmed Applesauce Breadstick Pea Salad	29 Lemon Pepper Cod Baby Bakers Carrots Pineapple Dream Salad Whole Grain Bread	30 Turkey/ Gravy Sweet Potatoes Normandy Blend 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 882-2166 before 9:15 am for a meal reservation.**