

Castlewood January 2021
Inter-Lakes Community Action Partnership
60's Plus Dining Program

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			<u>7</u> Roast Beef / Combo Mashed Potatoes/Gravy Carrots Fruit Whole Grain Bread	<u>8</u> Chicken Company Potatoes Green Beans Fruit Whole Grain Bread
<u>11</u> Chicken Fried Steak Mashed Potatoes/Gravy Broccoli Pineapple Whole Grain Bread	<u>12</u> Lasagna Coleslaw Mixed Fruit Garlic Bread	<u>13</u> Beef Stew Grilled Cheese Sandwich Fruit Crackers	<u>14</u> French Dip Sandwich Sweet Potato Fries Vegetable Fruit	<u>15</u> Tater Tot Casserole Lettuce Salad Fruit Biscuit
<u>18</u> Chicken Strips Potato Wedges Coleslaw Fruit Whole Grain Bread	<u>19</u> Chipped Beef over Toast Mashed Potatoes Lettuce Salad Fruit	<u>20</u> Potato Soup Ham & Cheese Sandwich Peach Crisp Crackers	<u>21</u> Roast Beef / Combo Mashed Potatoes/Gravy Peas Pineapple Whole Grain Bread	<u>22</u> Meatloaf Au Gratin Potatoes Carrots Fruit Whole Grain Bread
<u>25</u> Build a Burger/Bun Diced Potatoes Corn Fruit	<u>26</u> Fish Baked Potato Green Beans Tropical Fruit Whole Grain Bread	<u>27</u> Ham & Scalloped Potatoes Broccoli Fruit Whole Grain Bread	<u>28</u> French Dip Sandwich Sweet Potato Fries Vegetable Fruit	<u>29</u> Spaghetti/ Meat Sauce Lettuce Salad Fruit Garlic 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 Ship's Inn 793-2690 for a meal reservation.**