

Flandreau November 2019
Inter-Lakes Community Action Partnership
60's Plus Dining Program

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 Fish Sandwich Sweet Potato Fries Coleslaw Apricots
4 Turkey Pot Pie Green Beans Sour Cream Pound Cake	5 BBQ Ribette Baked Potato/ Sour Cream Buttered Corn Sherbet	6 Cheeseburger/ Bun Sweet Potato Fries Relish Plate Fruit Crisp	7 Chili con Carne Tossed Salad/ Dressing Cornbread Fresh Fruit	8 Beef Stroganoff/ Noodles Carrots/ Zucchini/ Onions Breadstick Fruit Fluff
11 BBQ Chicken Potato Salad Garlic Green Beans Wheat Roll Fresh Fruit	12 Country Fried Steak/ Gravy Mashed Potatoes/Gravy Seasoned Carrots Breadstick Ice Cream	13 Pork & Vegetable Stir Fry Rice Egg Roll/ Sauce Fruit Crisp	14 Fettuccini Alfredo Chicken Spinach Toscana Garlic Bread Banana Cake/ Whip Topping	15 Cheeseburger/ Bun Corn on the Cob Relish Plate Mandarin Oranges/ Bananas
18 Cheese Enchilada Casserole Fiesta Rice Tossed Salad/ Dressing Raspberry Peaches	19 Chicken Tarragon Mashed Potatoes/ Gravy California Vegetables Wheat Roll Gelatin Whip	20 Lasagna Seasoned Zucchini Garlic Bread Cookie	21 Hungarian Pork Loin Lyonnais Potatoes Savory Cabbage Cornbread Apricots	22 Roast Turkey/ Gravy Bread Stuffing Mixed Vegetables Wheat Roll Mandarin Oranges
25 Spaghetti/ Meat Sauce Tossed Salad Garlic Breadstick Fresh Fruit	26 Salisbury Steak Mashed Potatoes/Gravy Buttered Corn Fruited Gelatin Wheat Roll	27 Four Cheese Ziti Italian Blend Vegetables Garlic Bread Stick Lemon Bar	28 	29 Fish Sandwich Sweet Potato Fries Coleslaw Apricots

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. Please call 997-2824 by 9am for a meal reservation.

Home Delivery will start at 12:00pm
Congregate meals start at 1:00pm.