

Canova May 2021  
Inter-Lakes Community Action Partnership  
60's Plus Dining Program

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<u>3</u> Soup, Salad and Sandwich Bar (includes vegetables and fruit)	<u>4</u> Roast Beef Mashed Potatoes/ Gravy Cooked Carrots Fruit Whole Grain Bread	<u>5</u> Chicken Strips Potato Salad Vegetable Fruit Whole Grain Bread	<u>6</u> Spaghetti/Meatballs/Sauce Lettuce Salad/ Tomatoes Fruit Garlic Bread	<u>7</u> <b>Mother's Day Meal</b> Fried Chicken Mashed Potatoes/Gravy Coleslaw Fruit Dessert Whole Grain Bread
<u>10</u> Soup, Salad and Sandwich Bar (includes vegetables and fruit)	<u>11</u> Pizza Lettuce Salad/ Tomatoes Fruit	<u>12</u> Chipped Beef Gravy over Toast Mashed Potatoes Green Beans Fruit	<u>15</u> Chicken Mashed Potatoes/Gravy Corn Fruit Whole Grain Bread	<u>16</u> Hamburger/Bun Company Potatoes Peas & Carrots Fruit
<u>17</u> Soup, Salad and Sandwich Bar (includes vegetables and fruit)	<u>18</u> Pulled Pork/ Bun Potato Salad Baked Beans Fruit	<u>19</u> Meatloaf Twice Baked Potato Carrots Fruit Whole Grain Bread	<u>20</u> Crispy Chicken Salad (with vegetables and protein) Crackers Fruit Dinner Roll	<u>21</u> Beer Battered Pollock Potatoes Coleslaw Fruit Whole Grain Bread
<u>24</u> Soup, Salad and Sandwich Bar (includes vegetables and fruit)	<u>25</u> Scalloped Potatoes & Ham Green Beans Pineapple Whole Grain Bread	<u>26</u> Salisbury Steak Mashed Potatoes/Gravy Vegetable Fruit Whole Grain Bread	<u>27</u> Cold Cut Sub with protein & vegetables Pea Salad Fruit	<u>28</u> Lasagna Lettuce Salad/Tomatoes Fruit Garlic Toast
<u>31</u> Memorial Day				

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 with a sandwich. Menus subject to change without notice with approval of Program Director. The minimum suggested donation is \$3.90 per meal.