

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<u>3</u> Hamburger/Bun With Lettuce and Tomato Cheesy Hashbrowns Vegetable Salad Pineapple	<u>4</u> Hot Turkey Sandwich Mashed Potatoes w/Gravy Green Beans Fruit	<u>5</u> Ham Dinner Scalloped Potatoes Corn Fruit Whole Grain Bread	<u>6</u> Meatballs Mashed Potatoes/Gravy Peas Fruit Whole Grain Bread	<u>7</u> <b>Mother's Day Meal</b> Chicken Fried Steak Mashed Potatoes/Gravy Green Beans Fruit Dessert Dinner Roll
<u>10</u> Chicken Au Gratin Potatoes Peas Fruit Whole Grain Bread	<u>11</u> Beef Stroganoff over mashed potatoes Vegetable Pears Whole Grain Bread	<u>12</u> Cold Club Sandwich with Lettuce & Tomato English Pea Salad Fruit	<u>13</u> Tater Tot Hotdish Carrots Fruit Whole Grain Bread	<u>14</u> Pork Loin Mashed Potatoes/ Gravy Mixed Vegetable Cranberry Salad Whole Grain Bread
<u>17</u> Salisbury Steak Mashed Potato/Gravy Mixed Vegetable Fruit Whole Grain Bread	<u>18</u> Chef Salad & Dressing w/Protein & Veggies Crackers Peaches	<u>19</u> Roast Beef Mashed Potatoes/Gravy Peas Mandarin Oranges Whole Grain Bread	<u>20</u> Spaghetti/ Meat Sauce Coleslaw Fruit Garlic Bread	<u>21</u> Chicken Salad Sandwich Potato Salad Tomato Spoon Salad Fruit
<u>24</u> Lasagna Lettuce Salad/ Tomatoes Fruit Garlic Bread	<u>25</u> Hamburger/ Bun with Lettuce and Tomato Potato Salad Baked Beans Fruit	<u>26</u> Baked Chicken Mashed Potatoes/Gravy Broccoli/Cauliflower Fruit Whole Grain Bread	<u>27</u> Pork Cutlet/ Gravy Oven Baked Potatoes Carrots Fruit	28 Fish Baked Potato Coleslaw Pineapple Whole Grain Bread
31 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. Menus subject to change without notice with approval of Program Director. The minimum suggested donation is \$3.90 per meal.

**Please call the Prairie Inn at 772-4245 for a meal reservation.**