


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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	Saturday
				1 	<u>2</u> Meatballs Baked Potato Vegetables Fruit Whole Grain Bread
<u>4</u> Closed	<u>5</u> Indian Tacos with protein, vegetables, and bread Fruit	<u>6</u> Ham Mashed Potatoes Green Beans Fruit Cornbread	<u>7</u> Beef Stroganoff/ Noodles Vegetable Apple Crisp Garlic Bread	<u>8</u> Cook's Choice	<u>9</u> Ham & Scalloped Potatoes Vegetable Fruit Whole Grain Bread
<u>11</u> Closed	<u>12</u> Fish & Chips Side Salad/ Tomatoes Fruit Whole Grain Bread	<u>13</u> Tater Tot Casserole Vegetable Fruit Cobbler Whole Grain Bread	<u>14</u> Tomato Soup Grilled Ham & Cheese Sandwich Side Salad/Tomatoes Fruit	<u>15</u> Roast Beef Dinner Mashed Potatoes Grilled Vegetables Fruit Dessert Whole Grain Bread	<u>16</u> Meatballs Mashed Potatoes Green Beans Fruit Whole Grain Bread
<u>18</u> Closed	<u>19</u> Grilled Chicken Sandwich with Lettuce and Tomato Potato Salad Fruit	<u>20</u> Turkey Mashed Potatoes Green Beans Fruited Jello Whole Grain Bread	<u>21</u> Hamburger Steak/Mushroom Gravy Mashed Potatoes Grilled Vegetables Fruit Whole Grain Bread	22 Cook's Choice	23 Cheeseburger/ Bun Potato Wedges Broccoli Fruit
<u>25</u> Closed	<u>26</u> Fish & Chips Side Salad/ Tomatoes Fruit Whole Grain Bread	<u>27</u> Ham Mashed Potatoes Green Beans Fruit Cornbread	<u>28</u> Beef Stroganoff/ Noodles Vegetable Apple Crisp Garlic Bread	29 Roast Beef Dinner Mashed Potatoes Grilled Vegetables Fruit Dessert Whole Grain Bread	30 Ham & Scalloped Potatoes 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 \$3.90 per meal. **Serving time starts at 11:30am.**

Please call 793-3287 for to go meals.