

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

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|--|--|--|--|
| Volunteers for the Week: First National Bank | | | | |
| <u>3</u> Turkey Club Sandwich with Lettuce & Tomato Pea Salad Fruit | <u>4</u> Chef Salad & Dressing w/Protein & Veggies Crackers Fruit | <u>5</u> Meatloaf Mashed Potatoes/Gravy Vegetable Fruit Wheat Roll | <u>6</u> Fish Sandwich Oven Potatoes Coleslaw Fruit | <u>7</u> <u>Mother's Day Meal</u> Lasagna Lettuce Salad with Tomato Garlic Bread Fruit Dessert |
| Volunteers for the Week: The Post Family | | | | |
| <u>10</u> Hot Beef Sandwich Mashed Potatoes/ Gravy Vegetable Fruit | <u>11</u> Pizza Lettuce Salad with Tomato Fruit | <u>12</u> Ham Sweet Potato Green Beans Fruit Whole Grain Bread | <u>13</u> Creamed Chicken on a Biscuit Diced Potatoes Vegetable Fruit | <u>14</u> Chicken Fried Steak Mashed Potatoes/Gravy Peas & Carrots Fruit Whole Grain Bread |
| Volunteers for the Week: First National Bank | | | | |
| <u>17</u> Fried Chicken Mashed Potatoes/Gravy Vegetable Fruit Whole Grain Bread | <u>18</u> Egg Bake w/ sausage and Potato Tomato Spoon Salad Fruit Cinnamon Roll | <u>19</u> Chicken Alfredo Broccoli Fruit Garlic Bread | <u>20</u> Hamburger/Bun Baked Beans Pea Salad Fruit | <u>21</u> Taco Salad with meat, cheese, chips, lettuce, tomato Fruit Crisp Ice Cream |
| Volunteers for the Week: The Post Family | | | | |
| <u>24</u> Spaghetti/ Meat Sauce Green Beans Fruit Garlic Bread | <u>25</u> Pizza Lettuce Salad with Tomato Fruit | <u>26</u> Chicken Strips Mashed Potatoes/ Gravy Peas & Carrots Fruit Whole Grain Bread | <u>27</u> BBQ Pork Sandwich Potato Salad Baked Beans Fruit | <u>28</u> Sloppy Joe/Bun Diced Potatoes Coleslaw Fruit |
| Volunteers for the Week: The Post Family | | | | |
| <u>31</u> Memorial Day No Service | | | | |

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. **Call café 847-4605 before 9:00am for a meal reservation.**