


BRUCE November 2020
Inter-Lakes Community Action Partnership
60's Plus Dining Program

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<u>2</u> Closed	<u>3</u> Goulash Green Beans Peaches Whole Grain Bread	<u>4</u> Chicken Alfredo/Noodles Corn Apple Crisp Garlic Bread	<u>5</u> Roast Beef Mashed Potatoes/Gravy Vegetable Fruit Cocktail Whole Grain Bread	<u>6</u> Autumn Chicken Sweet Potatoes Harvard Beets Fruit Whole Grain Bread
<u>9</u> Closed	<u>10</u> Ham Baked Potato/ Sour Cream Glazed Carrots Pineapple Whole Grain Bread	<u>11</u> Swedish Meatballs over Egg Noodles Peas Peaches Whole Grain Bread	<u>12</u> THANKSGIVING DINNER Roast Turkey/Dressing Mashed Potatoes w/Gravy Green Bean Casserole Squash / Pumpkin Dessert	<u>13</u> Spaghetti w/Meat Sauce Lettuce Salad Fruit Grilled Garlic Bread
<u>16</u> Closed	<u>17</u> Chicken Strips Company Potatoes Vegetable Fruit Whole Grain Bread	<u>18</u> Chicken Fried Steak Mashed Potatoes/Gravy Broccoli Fruit Salad Whole Grain Bread	<u>19</u> Meatloaf Au Gratin Potatoes Cauliflower Fruit Whole Grain Bread	<u>20</u> Hamburger Gravy over Mashed Potatoes Vegetable Pineapple Whole Grain Bread
<u>23</u> Closed	<u>24</u> Breaded Pork Tenderloin Mashed Potatoes/ Gravy Corn Fruit Whole Grain Bread	<u>25</u> Hot Beef Combo Mashed Potatoes Harvard Beets Applesauce Whole Grain Bread	<u>26</u> 	<u>27</u> Tater Tot Hotdish Green Beans Peaches Whole Grain Bread
<u>30</u> Closed				

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 Ridge after 10:15am for meal reservations at 627-5187.