

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<u>1</u> Sloppy Joe/Bun Tater Tots Vegetable Fruit	<u>2</u> Fish Dinner Baked Potato/ Sour Cream Green Beans Applesauce Whole Grain Bread	<u>3</u> Hamburger Stroganoff over Mashed Potatoes Beets Fruit Whole Grain Bread	<u>4</u> Broasted Chicken Mashed Potatoes/Gravy Broccoli/Cauliflower Fruit Whole Grain Bread
<u>7</u> Grilled Chicken Sandwich Au Gratin Potatoes Green Beans Mixed Tropical Fruit	<u>8</u> Goulash Lettuce Salad with Tomato Applesauce Whole Grain Bread	<u>9</u> Pork Loin Mashed Potatoes/Gravy Broccoli Peaches Whole Grain Bread	<u>10</u> Hamburger/Bun Potato Salad Baked Beans Fruit	<u>11</u> Chicken Fried Steak Mashed Potatoes/Gravy Carrots Fruit Dessert Whole Grain Bread
<u>14</u> Roast Beef Mashed Potatoes/Gravy Broccoli Fruit Whole Grain Bread	<u>15</u> Liver & Onions Baked Potato/ Sour Cream Carrots Fruit Whole Grain Bread	<u>16</u> Taco Salad with meat, cheese, chips, vegetables Pears	<u>17</u> Chicken Salad Sandwich English Pea Salad Baked Beans Fruit	<u>18</u> Father's Day Baked Ham Cheesy Hashbrowns Vegetable Fruit Whole Grain Bread
<u>21</u> Hot Hamburger Combo Mashed Potatoes/Gravy Carrots Fruit Whole Grain Bread	<u>22</u> Sub Sandwich with protein and Vegetables Macaroni Vegetable Salad Fruit	<u>23</u> Tuna Noodle Hotdish Mixed Vegetables Fruit Whole Grain Bread	24 Spaghetti/ Meat Sauce Coleslaw Fruit Garlic Toast	25 Scalloped Potatoes & Ham Peas Fruit Whole Grain Bread
<u>28</u> Tater Tot Hotdish Vegetable Fruit Crisp Whole Grain Bread	<u>29</u> Chef Salad & Dressing w/Protein & Veggies Crackers Fruit	<u>30</u> Meatloaf Parslied Potatoes Peas 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.

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