

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Volunteers for the Week: The Post Family				
	<u>1</u> Fish Sandwich w/bun Scalloped Potatoes Pea Salad Fruit	<u>2</u> Chef Salad & Dressing w/Protein & Veggies Crackers Fruit	<u>3</u> Tater Tot Hotdish Green Beans Mandarin Oranges Whole Grain Bread	<u>4</u> Hawaiian Chicken Salad on a Croissant Tomato Spoon Salad Baby Carrots
Volunteers for the Week: First National Bank				
<u>7</u> Chicken Strips Au Gratin Potatoes Vegetable Fruit Whole Grain Bread	<u>8</u> Salisbury Steak Mashed Potatoes/Gravy Green Beans Pears Whole Grain Bread	<u>9</u> Taco Salad with meat, cheese, chips, vegetables Fruit Crisp Ice Cream	<u>10</u> Pizza Lettuce Salad with Tomato Fruit	<u>11</u> Sausage Potato Omelet Vegetable Fruit Blueberry Muffin
Volunteers for the Week: The Post Family				
<u>14</u> Turkey Club Sandwich with Lettuce & Tomato Pea Salad Fruit	<u>15</u> BBQ Chicken Breast Potato Salad Baked Beans Mixed Fruit Cornbread Muffin	<u>16</u> Fish Creamed Potatoes Green Beans Pineapple Whole Grain Bread	<u>17</u> Hamburger/Bun Potato Wedges Coleslaw Fruit	<u>18</u> Father's Day Meal Roast Beef Mash Potatoes/Gravy Corn Fruit Dessert Whole Grain Bread
Volunteers for the Week: First National Bank				
<u>21</u> Ham & Scalloped Potatoes Peas Applesauce Whole Grain Bread	<u>22</u> Pizza Lettuce Salad with Tomato Fruit	<u>23</u> Shredded Roast Beef Sandwich Company Potatoes Vegetable Fruit	<u>24</u> Brats/ Bun Diced Potatoes Baked Beans Fruit	<u>25</u> Meatloaf Mashed Potatoes/Gravy Vegetable Fruit Whole Grain Bread
Volunteers for the Week: The Post Family				
<u>28</u> Spaghetti with Meat Sauce Peas Fruit Garlic Bread	<u>29</u> Country Fried Steak Mashed Potatoes/Gravy Broccoli Fruit Whole Grain Bread	<u>30</u> Grilled Chicken on a Bun Potato Salad Vegetable Fruit		

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.**