

WILLOW LAKE May 2021
 Inter-Lakes Community Action Partnership
60's Plus Dining Program
Meals are served at 11:30 AM

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 Tuna Noodle Casserole Peas & Carrots Fruit Whole Grain Bread	4 Country Fried Steak Mashed Potatoes/Gravy Vegetable Fruit Whole Grain Bread	5 Spaghetti/ Meat Sauce Lettuce Salad with Tomato Fruit Whole Grain Bread	6 Chicken Strips Mashed Potatoes/ Gravy Green Beans Fruit Whole Grain Bread	7 Meatballs Company Potatoes Stewed Tomatoes Fruit Whole Grain Bread
10 Scalloped potatoes /Ham Vegetable Fruit Whole Grain Bread	11 Burritos – Meat, lettuce, cheese, onion, tomato, Shell Fruit Salsa, chips, or Quesco	12 Tater Tot Casserole with Vegetables Fruit Whole Grain Bread	13 Chicken Mashed Potato/Gravy Peas & Corn Fruit Whole Grain Bread	14 Pot Roast Red Potatoes/Gravy Carrots Fruit Whole Grain Bread
17 Meat Loaf Baked Potato Green Beans Fruit Whole Grain Bread	18 Hamburger Mashed Potatoes/ Gravy Glazed Carrots Fruit Whole Grain Bread	19 Broasted Chicken Au Gratin Potatoes Pea Salad Fruit Whole Grain Bread	20 Chicken Alfredo Hotdish Broccoli Fruit Whole Grain Bread	21 Pork Roast Sweet Potato Vegetable Pears Whole Grain Bread
24 Ham Baked Potato/Sour Cream Vegetable Fruit Whole Grain Bread	25 Burritos – Meat, lettuce, cheese, onion, tomato, Shell Fruit Salsa, chips, or Quesco	26 Pulled Pork Sandwich Diced Potatoes Baked Beans Fruit	27 Lasagna Lettuce Salad with Tomato Fruit Whole Grain Bread	28 Fish Sandwich/Bun Baked Waffle Fries Vegetable Fruit
31 Memorial Day				

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. **Meals are served at 11:30 AM**