

LAKE NORDEN October 2016  
Inter-Lakes Community Action Partnership  
60's Plus Dining Program

**Reservations are appreciated!**

Menus produced by SD Office of Adult Services & Aging

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>3</b> 3 oz Salisbury Steak/Gravy ½ c. Mashed Potatoes ½ c. Corn ½ c. Pineapple Whole Grain Bread <b><u>Clarence &amp; Marie Koistinen</u></b> <b><u>785-3464</u></b></p>	<p><b>4</b> <b><u>PIZZA BUFFET</u></b> Choice of Pizza Buffet (Inc. Veggies &amp; Protein) Tossed Salad/Dressing Fruit</p>	<p><b>5</b> 3 oz Grilled Hot Ham &amp; Cheese Sandwich 1 ½ c. Potato/Vegetable Soup ½ c. Fruit</p>	<p><b>6</b> Hot Pork Combo Inc. 3 oz meat &amp; WW Bread ½ c Mash Potatoes/Gravy ½ c Vegetable ½ c Fruit</p>	<p><b>7</b> 3 oz Baked Ham ½ c. Cheesy Hashbrowns ½ c Fruit ½ c Vegetable Whole Grain Bread</p>
<p><b>10</b> 3 oz Meatloaf ½ c. Baked Potato ½ c. Carrots ½ c. Fruit Whole Grain Bread <b><u>Elwood Andrews 785-3177</u></b></p>	<p><b>11</b> <b><u>CHICKEN STRIP BAR</u></b> 3 oz Chicken Strips &amp; Salad Bar (Inc. 1 ½ c. Fruit &amp; Veggies) Whole Grain Bread</p>	<p><b>12</b> Tater Tot Hotdish ½ c. Vegetable ½ c. Fruit Whole Grain Bread</p>	<p><b>13</b> Hot Beef Combo Inc. 3 oz meat &amp; WW Bread ½ c Mash Potatoes/Gravy ½ c Vegetable ½ c Fruit</p>	<p><b>14</b> 3 oz Fried Chicken ½ c Mashed Potatoes/Gravy ½ c Fruit ½ c Vegetable Whole Grain Bread</p>
<p><b>17</b> 1 ½ c. Beef Stroganoff ½ c. Coleslaw ½ c. Green Beans ½ c. Mandarin Oranges Whole Grain Bread <b><u>Sharon Thue 785-3893</u></b></p>	<p><b>18</b> <b><u>PIZZA BUFFET</u></b> Choice of Pizza Buffet (Inc. Veggies &amp; Protein) Tossed Salad/Dressing Fruit</p>	<p><b>19</b> 3 oz Grilled Turkey &amp; Swiss on WW Bun 1 ½ c Vegetable / Potato Soup ½ c Fruit</p>	<p><b>20</b> Hot Pork Combo Inc. 3 oz meat &amp; WW Bread ½ c Mash Potatoes/Gravy ½ c Vegetable ½ c Fruit</p>	<p><b>21</b> Meatballs ½ c. Mashed Potatoes/Gravy ½ c. Vegetable ½ c Fruit Whole Grain Bread</p>
<p><b>24</b> 3 oz Grilled Hamburger/Bun ½ c. Potato Wedges 1 c. Tossed Salad ½ c. Pears <b><u>Charlotte Nielson 785-3891</u></b></p>	<p><b>25</b> <b><u>FISH Bar</u></b> 3oz Fish &amp; Salad Bar (Inc. 1 ½ c Fruit or Veggies) Whole Grain Bread</p>	<p><b>26</b> Beef Stroganoff ½ c. carrots ½ c. Coleslaw ½ c. Pineapple Whole Grain Bread</p>	<p><b>27</b> Hot Beef Combo Inc. 3 oz meat &amp; WW Bread ½ c Mash Potatoes/Gravy ½ c Vegetable ½ c Fruit</p>	<p><b>28</b> 3 oz Fried Chicken ½ c Mashed Potatoes/Gravy ½ c Fruit ½ c Vegetable Whole Grain Bread</p>
<p><b>31</b> Scalloped Potatoes &amp; Ham ½ c. beets ½ c. Fruit Whole Grain Bread <b><u>Doris Koisti 785-3387</u></b></p>				1

Note: 8 fluid ounces of 1% Milk (or skim) and Whole Grain Bread serving included with all meals.  
Menus subject to change without notice with approval of Program Director.