

1-800-948-8330

# JULY | 2022

**Lifespan Resources** (all meals served with 1/2pint milk)



MONDAY

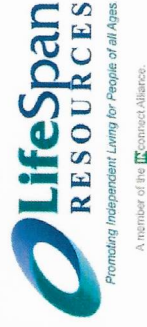
TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

27					1 Beef Steak 3oz Green Beans 1/2c Mashed Potato 1/2c Wheat Bread 1s/ Mixed Fruit 1/2c
4	Crispy Chicken 3oz Sweet Potatoes 1/2c Spinach 1/2c Bread/Margarine Mandarin Oranges	28	5 Brown Rice 1/2c Buttered Carrots 1/2c Bread/Margarine Pineapple Cup Oatmeal Cookie	29	6 Beef Pot Roast 3oz with potatoes and onions (1/2c) Peas & Carrots 1/2c Peach Crisp Bread / Margarine
11		12 Beef Stew 8oz Green Beans 1/2c Apples with Raisins 1/2c Wheat Bread / Margarine	13 Spaghetti with Meat sauce Broccoli 1/2c Sliced Peaches 1/2c Wheat Bread / Margarine Chocolate Milk	14 Hamburger Patty 3oz Cheesy Potatoes 1/2c Green Beans 1/2c Wheat Bun Applesauce Cup Mustard & Ketchup	15 Smoked Pulled Pork 3oz Black Beans 1/2c Glazed Carrots 1/2c Bread / Margarine Tropical Fruit 1/2c
18	Chicken Cacciatore 3oz Potato Wedges 1/2c Squash Sautee 1/2c Bread/ Margarine Oatmeal Cookie Pineapple Cup 1/2c	19 Meatloaf 3oz Cauliflower 1/2c Green Beans 1/2c Wheat Bread Mandarin Oranges 1/2c	20 Beef Pepper Steak Brown Rice 1/2c Capri Vegetables 1/2c Baked Apples 1/2c Wheat Bread	21 Roast Turkey 3oz Sage Dressing 1/2c Buttered Carrots 1/2c Wheat Bread / Margarine Tropical Fruit 1/2c	22 Fried Chicken Breast 3oz Cauliflower Rice 1/2c Spinach 1/2c Wheat Bread Jello Cup Chocolate Milk
25	Sweet & Sour Pork 6oz Brown Rice 1/2c Buttered Carrots 1/2c Bread/ Margarine Pineapple Cup 1/2c	26 BBQ Chicken 3oz O'Brien Potatoes 1/2c Broccoli Florets 1/2c Bread / Margarine Peach Cup 1/2c Oatmeal Cookie	27 Meatloaf 3oz Spinach 1/2c Mashed Redskin Potatoes 1/2c Wheat Bread Mandarin Oranges Cookie	28 Chopped Beef Steak with gravy 3oz Sweet Potatoes 1/2c Cabbage 1/2c Wheat Bread Diced Pears 1/2c	29 Turkey Sausage (3oz) & Apples 1/2c Lima Beans 1/2c Riced Cauliflower 1/2c Wheat Bread Cookie Chocolate Milk



## Heat Exhaustion & Hydration Month

Monday thru Friday  
Open to the Public  
Age 60+/Disabled  
\$2.50 Donation

Reservation Required  
Hot Plate Lunch or  
Chef Salad

Order in Advance  
All Meals Meet 1/3  
of the USDA  
established by the  
Dietary Guidelines  
for Older Americans

*Meals are planned to  
ensure low salt, low  
sugar & low fat*