

JANUARY | 2019

Lifespan Resources (all meals served with 1/2 pint 1% milk) 1-800-948-8330

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

31	7 Pinto Beans (1/2c) with Ham(2oz) Fried Potatoes 1/2c Seasoned Greens 1/2c Wheat Bread/Margarine Fruit Medley 1/2c	1 Closed New Year's Day	Zomato Vegetable Soup 6oz Turkey (2oz) Sandwich Lettuce & Tomato Wheat Bread 2sl Potato Salad 1/2c Snickerdoodle Cookie 1 Saltines 2 Margarine	Salisbury Steak 3oz with Brown Gravy New Red Potatoes 1/2c Green Peas 1/2c Wheat Roll Fruit Medley 1/2c	4 Cheese (2oz) Ravioli with Marinara Sauce Broccoli & Cauliflower 1/2c Spinach Salad 1c Wheat Roll/margarine Fresh Banana 1 Salad Dressing
14	14 Turkey (2oz) and Rice 1/2c Casserole Green Beans 1/2c Wheat Roll/Margarine Mandarin Oranges 1/2c	8 Chicken (3oz) & Noodles 1/2c Green Beans 1/2c Chilled Fruit Cup 1/2c Wheat Roll Gelatin Cubes with Whip Topping 1/2c	9 Roast Pork Cutlet (3oz) with brown gravy Whipped Sweet Potatoes 1/2c Brussels Sprouts 1/2c Wheat Roll / Margarine Pudding Parfait 1/2c	10 Lasagna (2oz beef) 6oz serving California Medley 1/2c Garden Salad 1c Wheat Roll Sugar Cookie 1 Salad Dressing	Salmon Burger (3oz) with Lemon Dill Sauce Rosemary Potato Wedges 1/2c Baby Lime Beans 1/2c Honey Fruit Cup 1/2c
21	21 CLOSED Martin Luther King Day	15 Pot Roast 3oz Parslled Potatoes 1/2c Carrots with celery & Onion 1/2c Wheat roll Frosted Cherry Gelatin 1/2c	16 Honey Glazed Pork Cutlet 3oz Mashed Potatoes 1/2c Steamed Cabbage 1/2c Wheat Bread / Margarine Fruit Medley	17 Fried Chicken 3oz Buttered Corn 1/2c Mixed Greens 1/2c Wheat Roll Chilled Pudding with whipped topping 1/2c	18 Baked Ziti 1cup (2oz Beef) Broccoli Florets 1/2c Tossed Salad 1c Wheat Roll/Margarine Fruit Parfait 1/2c
28	28 Honey Lemon Chicken 3oz Red Skin Mashed Potatoes 1/2c Broccoli Florets 1/2c Wheat Roll / Margarine Oatmeal Cookie 1	22 Chicken Tenders 2 each (2oz chicken) Macaroni & Cheese 1/2c Baby Lima Beans 1/2c Wheat Bread / Margarine Old Fashioned Ambrosia 1/2c	23 Ham (2oz) and Cheese Casserole Broccoli Florets 1/2c Chilled Pineapple 1/2c Wheat Bread Fruited Gelatin with whipped topping 1/2c	24 Hearty Chili 6oz (2oz beef) Saltines 2 Romaine Salad 1c Fruit Medley 1/2c Sugar Cookie 1	25 Fried Fish Fillet 3oz Buttered Corn 1/2c Collard Greens 1/2c Wheat Bread/margarine Lemon Cream Pie 1slice Tartar Sauce
		29 Beef Stroganoff 1/2c (2oz Beef) Egg Noodles 1/2c Buttered Carrots 1/2c Wheat Roll Fruit medley 1/2c	30 Roast Turkey (2oz) with poultry gravy Candied Sweet Potatoes 1/2c Green Beans 1/2c Wheat Roll/Margarine Pumpkin Pie 1 slice	31 Boneless Breaded Pork Chop with cream gravy (3oz) Sage Dressing 1/2c Buttered Corn 1/2c Wheat Roll Mandarin Oranges 1/2c	Meals are planned to ensure low salt, low fat & low sugar



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