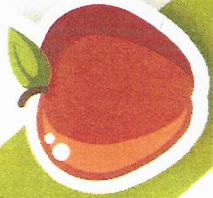


1-800-948-8330

SEPTEMBER | 2022



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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>2 Brown Sugar Chicken Rice Pilaf Steamed Broccoli Bread/Margarine Mandarin Oranges Oatmeal Cookie</p>	<p>30 Crispy Chicken Sweet Potatoes Spinach Bread/Margarine Pineapple Cup Cookie</p>	<p>31 Beef Pot Roast Redskin Mashed Potato Green Beans Bread / Margarine Pear Cup Sugar Cookie</p>	<p>1 Roast Pork Loin Home Fries Mixed Vegetables Wheat Bread Chocolate Chip Cookie Applesauce</p>	<p>2 Meatloaf Mashed Potatoes Broccoli Wheat Bread Peach Cup</p>
<p>5 LABOR DAY Holiday CLOSED</p>	<p>6 Spaghetti with Meatsauce Broccoli Florets Baked Peaches Wheat Bread/ Margarine</p>	<p>7 Hamburger Cheesy Potatoes Green Beans Wheat Bun Applesauce Ketchup / Mustard</p>	<p>8 BBQ Pork Black Beans Brussels Sprouts Wheat Bun Mixed Fruit Cup</p>	<p>9 Chicken Cacciatore Herbed Pasta Buttered Carrots Bread / Margarine Oatmeal Cookie Pineapple Cup</p>
<p>12 Meatloaf Mashed Potatoes Green Beans Wheat Bread Pineapple Tidbits</p>	<p>13 Beef Pepper Steak Brown Rice Capri Vegetables Oatmeal Cookie Wheat Bread</p>	<p>14 Roast Turkey Sage Dressing Butter Carrots Wheat Bread / Margarine Mixed Fruit Cup</p>	<p>15 Fried Chicken Breast Dill Roasted Potatoes Buttered Spinach Bread / Margarine Fruit Gelatin</p>	<p>16 Sweet & Sour Pork Brown Rice Broccoli Florets Bread / Margarine Strawberry Applesauce</p>
<p>19 BBQ Chicken Potato Wedges Broccoli Florets Bread / Margarine Peach Cup Oatmeal-Cookie</p>	<p>20 Meatloaf with Tomato Sauce Baby Lima Beans Mashed Redskin Potato Wheat Bread Mandarin-Oranges</p>	<p>21 Chopped Beef Steak with Brown Gravy Sweet Potatoes Cabbage Wheat Bread Diced-Pears</p>	<p>22 Turkey Sausage & Apples Lima Beans Riced Cauliflower Bread / Margarine Sugar Cookie</p>	<p>23 Chicken Stir Fry Rice Buttered Carrots Bread / Margarine Pineapple Cup</p>
<p>26 Chicken & Black Bean Chili Winter Vegetables Baked Pears Wheat Bread Cookie</p>	<p>27 Lasagna Sliced Carrots Broccoli & Peppers Bread / Margarine Mixed Fruit Cup Oatmeal Cookie</p>	<p>28 Salisbury Steak Mashed Potatoes Buttered Carrots Wheat Bread Mandarin Oranges</p>	<p>29 Sesame Chicken Brown Rice Oriental Vegetables Peaches with Granola Wheat Bread</p>	<p>30 Beefy Macaroni Casserole Spinach with Peppers Zucchini Wheat Bread Diced Pear Cup</p>



Congregate Meal

Site Mon -Fri
Open to the Public
Age 60+/Disabled
\$2.50 Suggested
Donation

Order in Advance
Reservations
Required w/ Week
Notice
Hot Plate Lunch or
Chef Salad

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*