

DECEMBER | 2017

LifeSpan Resources

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY



3 Cream Broccoli Soup 1c
Hoagie Sandwich (1oz turkey, 1oz pastrami)
Mixed Green Salad 1c
Bun / Sliced Tomato 2ea
Snickerdoodle Cookie 1e
Salad Dressing

4 Cream Broccoli Soup 1c
Hoagie Sandwich (1oz turkey, 1oz pastrami)
Mixed Green Salad 1c
Bun / Sliced Tomato 2ea
Snickerdoodle Cookie 1e
Salad Dressing


11 Meatloaf 3oz
Red Potatoes 1/2c
Mixed Vegetables 1/2c
Fruit Parfait 1/2c
Wheat Roll / Margarine

18 Asian Ginger Chicken 3oz
Parslied Rice 1/2c
Stir Fry Vegetables 1/2c
Ambrosia 1/2c
Wheat Roll / Margarine

5 Roast Beef 3oz w/ brown gravy
Mashed Potatoes 1/2c
Buttered Carrots 1/2c
Banana 1ea
Wheat Bread / Margarine

12 Baked Herb Chicken 3oz
Parmesan Potatoes 1/2c
Seasoned Spinach 1/2c
Chilled Peaches 1/2c
Wheat Roll

19 Breaded Pork Chop 3oz
Mashed Potatoes 1/2c
Green Bean & Carrots 1/2c
Dreamsicle Delight 1/2c
Wheat Roll

26 
Closed

6 Ziti with Four Cheeses 3/4c
Italian Beans 1/2c
Fruit Medley 1/2c
Ice Cream 1/2c
Wheat Roll

13 Carolina Pulled Pork 2oz
Potato Salad 1/2c
Creamy Coleslaw 1/2c
Tapioca Pudding 1/2c
Wheat Bun

20 Cream of Potato Soup 1c
Turkey Cheddar Wrap 2oz
Broccoli Salad 1/2c
Banana 1ea
Crackers (2)

27 Spaghetti w/Meatsauce 1c (2oz beef in sauce)
California Medley 1/2c
Garden Salad 1c
Ice Cream 1/2c
Italian Bread 1sl

7 Chicken (2oz) & Rice Casserole 3/4c
Broccoli Florets 1/2c
Fresh Orange 1ea
Pudding Parfait 1/2c
Wheat Roll / Margarine

14 Turkey Italiano 3oz
Italian Vegetables 1/2c
Fruit Medley 1/2c
Wheat Roll / Margarine

21 Hamburger 3oz
Sliced Tomato 1ea
Baked Potato wedges 1/2c
Mixed Green Salad 1c
Fresh Apple 1ea
Dressing, Ketchup, Mustard
Wheat Bun

28 Cheese omelet 2oz
Homestyle Potatoes 1/2c
Seasoned Spinach 1/2c
Banana 1ea
Blueberry Muffin 1ea
Margarine

8 Chicken (2oz) & Rice Casserole 3/4c
Broccoli Florets 1/2c
Fresh Orange 1ea
Pudding Parfait 1/2c
Wheat Roll / Margarine

15 Turkey Italiano 3oz
Italian Vegetables 1/2c
Fruit Medley 1/2c
Wheat Roll / Margarine

22 Hamburger 3oz
Sliced Tomato 1ea
Baked Potato wedges 1/2c
Mixed Green Salad 1c
Fresh Apple 1ea
Dressing, Ketchup, Mustard
Wheat Bun

29 Cheese omelet 2oz
Homestyle Potatoes 1/2c
Seasoned Spinach 1/2c
Banana 1ea
Blueberry Muffin 1ea
Margarine

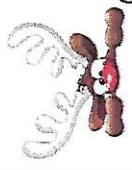
9 Hearty Chili (2oz beef, 1 cup serving)
Spinach Salad 1c
Mixed Fruit Cup 1/2c
Gelatin Whip 1/2c
Corn Muffin 1
Salad Dressing

16 Beef Stew 1c
Romaine Salad 1c
Chilled Pineapple 1/2c
Sugar Cookie 1e
Wheat Roll / Margarine
Salad Dressing


23 Chicken Tenders 3oz (2ea)
Red Potatoes 1/2c
Cauliflower w Cheese 1/2c
Chocolate Chip Cookie 1e
BBQ Sauce
Wheat Roll / Margarine

30 Chicken 3oz in Herb Sauce
White Rice 1/2c
Broccoli & Cauliflower 1/2c
Cranberry Crunch Bar
Wheat Roll

17 Asian Ginger Chicken 3oz
Parslied Rice 1/2c
Stir Fry Vegetables 1/2c
Ambrosia 1/2c
Wheat Roll / Margarine

25 
Closed

19 Breaded Pork Chop 3oz
Mashed Potatoes 1/2c
Green Bean & Carrots 1/2c
Dreamsicle Delight 1/2c
Wheat Roll

26 
Closed

20 Cream of Potato Soup 1c
Turkey Cheddar Wrap 2oz
Broccoli Salad 1/2c
Banana 1ea
Crackers (2)

27 Spaghetti w/Meatsauce 1c (2oz beef in sauce)
California Medley 1/2c
Garden Salad 1c
Ice Cream 1/2c
Italian Bread 1sl

21 Hamburger 3oz
Sliced Tomato 1ea
Baked Potato wedges 1/2c
Mixed Green Salad 1c
Fresh Apple 1ea
Dressing, Ketchup, Mustard
Wheat Bun

28 Cheese omelet 2oz
Homestyle Potatoes 1/2c
Seasoned Spinach 1/2c
Banana 1ea
Blueberry Muffin 1ea
Margarine

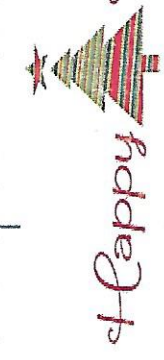
22 Hamburger 3oz
Sliced Tomato 1ea
Baked Potato wedges 1/2c
Mixed Green Salad 1c
Fresh Apple 1ea
Dressing, Ketchup, Mustard
Wheat Bun

29 Cheese omelet 2oz
Homestyle Potatoes 1/2c
Seasoned Spinach 1/2c
Banana 1ea
Blueberry Muffin 1ea
Margarine

23 Chicken Tenders 3oz (2ea)
Red Potatoes 1/2c
Cauliflower w Cheese 1/2c
Chocolate Chip Cookie 1e
BBQ Sauce
Wheat Roll / Margarine

30 Chicken 3oz in Herb Sauce
White Rice 1/2c
Broccoli & Cauliflower 1/2c
Cranberry Crunch Bar
Wheat Roll

3 Hot Plate Lunch
Or
Chef Salad:
(Order in advance)



All Meals meet 1/3 of the US RDA established by The Dietary Guidelines for Americans.
Meals are planned to insure low salt, fat and sugar.

All Meals served with 1/2 Pint of 1% milk