

July 2015

LifeSpan Resources Congregate Meal Sites Menu

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY



1 Roast Turkey w Gravy 3oz
Au gratin Potatoes 1/2c
Peas & Mushrooms 1/2c
Wheat Roll w Margarine
Banana 1
1% Milk 1/2p

2 Cheeseburger 3oz
Lettuce & Tomato
Potato Wedges 1/2c
Mandarin Oranges 1/2c
Wheat Bun
Ketchup & Mustard
1% Milk 1/2 p

3 CLOSED FOR HOLIDAY

6 Braised Beef Tips 3oz
Rosemary Red Potatoes 1/2c
Tomatoes & Okra 1/2c
Wheat Roll/Margarine
Tropical Fruit Salad 1/2c
1% Milk 1/2p

7 Oven Fried Chicken Thigh 3oz
Baked Potato 1/2c
Broccoli 1/2c
Wheat Roll/Margarine
Applesauce 1/2c
1% Milk 1/2p

8 Ricotta Cheese Lasagna w/chunky vegetable sauce
Squash Medley 1/2 c
Tossed Salad 1c
Wheat Roll/Margarine
Fresh Orange 1
Ranch Dressing
1% Milk 1/2p

9 Beef Frankfurter 2oz
Sauerkraut 1/2c
Baked Beans 1/2c
Fruit Yogurt 1/2c
1% Milk 1/2c

10 Stuffed Bell Pepper (3oz beef)
Peas & Carrots 1/2c
Caesar Salad 1c
Wheat Roll/Margarine
Banana 1med
1% Milk 1/2p

13 Beef (3oz) Taco Salad
Cheese, Lettuce, Tomato,
Refried Beans 1/2c
Honeydew Melon 1/2c
Tortilla Chips 1oz
1% Milk 1/2p

14 Pork Cutlet 3oz
Baked Sweet Potato 1/2c
Collard Greens 1/2c
Wheat Roll / Butter
Pineapple Chunks 1/2c
1% Milk 1/2p

15 Tuna Salad (3oz tuna)
Lettuce / Tomato
Tomato Soup 1c
Crackers
Fruit Yogurt 1/2c
Wheat Bun
1% Milk 1/2p

16 Spaghetti w Meatballs (3-1oz)
Green Beans 1/2c
Broccoli Raisin Salad 1/2c
Banana 1
1% Milk 1/2p

17 Teriyaki Chicken Breast 3oz
Seasoned Brown Rice 1/2c
Lima Beans 1/2c
Wheat Roll / Margarine
Fresh Orange 1
1% Milk 1/2p

20 Chicken Parmesan 3oz
Whole Wheat Noodles 1/2c
Mixed Vegetables 1/2c
Wheat Roll/ margarine
Applesauce 1/2c
1% Milk 1/2p

21 Pulled Pork BBQ 3oz
Buttered Corn 1/2c
Caribbean Vegetables 1/2c
Tropical Fruit Salad 1/2c
Wheat Bun
1% Milk 1/2p

22 Ham (3oz) & Beans 1/2c
Broccoli with Cheese 1/2c
Cornbread Muffin / Margarine
Banana 1med
1% Milk 1/2p

23 Chicken 3oz and Vegetable Casserole 1 cup
Tossed Salad
Mandarin Oranges 1/2c
Wheat Roll / Margarine
Ranch Dressing
1% Milk 1/2p

24 Meatloaf w/Tomato Sauce 3oz
Baked Potato 1/2c
Green Beans & Onions 1/2 c
Wheat Roll / Margarine
Tropical Fruit Salad 1/2c
1% Milk 1/2p

27 Fish Sandwich 3oz
Lettuce & Tomato
Wild Rice 1/2c
Cole Slaw 1/2c
Pineapple Chunks 1/2c
Wheat Bun
1% Milk 1/2p

28 BBQ Chicken Breast 3oz
Redskin Baked Potato 1/2c
Caribbean Vegetables 1/2c
Tropical Fruit Salad 1/2c
Wheat Roll w Margarine
Sour Cream
1% Milk 1/2p

29 Roast Turkey w Gravy 3oz
Au gratin Potatoes 1/2c
Peas & Mushrooms 1/2c
Wheat Roll w Margarine
Banana 1med
1% Milk 1/2p

30 Cheeseburger 3oz
Lettuce & Tomato
Potato Wedges 1/2c
Mandarin Oranges 1/2c
Wheat Bun
Ketchup & Mustard
1% Milk 1/2 p

31 Ham 2oz & Swiss .75oz
Vegetable Soup 1cup
Fresh Orange 1
Wheat Crackers 2
Wheat Bread 2sl
Mayonnaise
1% Milk 1/2p



Promoting Independent Living for People of all Ages.

Join Us
For
Lunch & Activities!
Plate Lunch
(Or Chef Salad; order
in advance)

Monday-Friday
Open to the Public
Age 60+/Disabled
Donation-\$2.00
Appreciated
(Registration
Required)

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.