

JULY | 2017

Lifespan Resources Congregate Meal Site Menu

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						
2	3	4	5	6	7	1
BBQ Chicken 3oz Hash Browns 1/2c Capri Vegetables 1/2c Roll/Margarine Fresh Watermelon 1/2c 1% Milk 1/2p	BBQ Chicken 3oz Hash Browns 1/2c Capri Vegetables 1/2c Roll/Margarine Fresh Watermelon 1/2c 1% Milk 1/2p	 Closed	Western Omelet 3oz Fried potatoes w onion 1/2c Seasoned Spinach 1/2c Wheat Bread/Margarine Banana 1med 1% Milk	Gurkey (2oz) Rice Casserole (6oz portion) Broccoli 1/2c Pineapple 1/2c Roll/Margarine Angel Food Cake 1/2c 1% Milk 1/2p	Fried Fish 3oz Macaroni & Cheese 1/2c Creamy Coleslaw 1/2c Banana 1med Wheat Bun 2oz 1% Milk 1/2p	Hot Plate Lunch Or Chef Salad; (order in advance)
9	10	11	12	13	14	15
Hamburger 3oz Red Potato Wedges 1/2c Tossed Salad 1c Fresh Apple 1 med Wheat Bun (2oz) Dressing, Mustard, ketchup 1% Milk 1/2p	Hamburger 3oz Red Potato Wedges 1/2c Tossed Salad 1c Fresh Apple 1 med Wheat Bun (2oz) Dressing, Mustard, ketchup 1% Milk 1/2p	Vegetable Soup 1c Chicken Salad 1/2c Potato Salad 1/2c Fresh Melon 1/2c Crackers (4) 1% Milk 1/2p	Roast Pork & Gravy 3oz Red Mashed Potato 1/2c Glazed Carrots 1/2c Roll/Margarine Ambrosia 1/2c 1% Milk 1/2p	Cheese Ravioli 1/2c Garden Salad 1c Banana 1med Salad Dressing Roll/Margarine 1% Milk 1/2p	Even Fried Chicken 3oz Corn on the Cob 1/2c Spinach 1/2c Roll / Margarine Ice Cream 1% Milk 1/2p	
16	17	18	19	20	21	22
All Meals meet 1/3 of the US RDA	BBQ Pork 3oz Chuckwagon Corn 1/2c Spinach Salad 1c Fresh melon 1/2c Salad Dressing 1% milk 1/2p	Herb Baked Chicken (3oz) Rice Plat 1/2c Broccoli & Cauliflower 1/2c Roll/ Margarine Banana Pudding 1/2c 1% Milk	Tomato Vegetable Soup 1c Tuna Salad 1/2c Potato Salad 1/2c Fruit Salad 1/2c Oatmeal Cookie 1 Crackers 2 1% Milk 1/2c	Meatloaf 3oz Red Potatoes 1/2c Green Beans 1/2c Roll/ Margarine Orange Pineapple Medley 1/2c 1% Milk 1/2c	Honey Mustard Chicken 3oz Mashed Potatoes 1/2c Collard Greens 1/2c Roll/Margarine Ice Cream 1/2c 1% Milk 1/2p	
23	24	25	26	27	28	29
Established by The Dietary Guidelines for Americans. Meals are planned to insure low salt, fat and sugar	Pork Tips (3oz) & Gravy Parried Rice 1/2c Broccoli 1/2c Roll/Margarine Fruit Medley 1/2c 1% Milk 1/2p	Lasagna Casserole 1/2c Italian Vegetables 1/2c Tossed Salad 1c Salad Dressing Breadstick/Margarine Ice Cream 1/2c 1% Milk 1/2c	Mandarin Chicken Salad 4oz Macaroni Salad 1/2c Tomato Wedges 1/2c Dinner Roll/Margarine Angel Food Cake 1/2c 1% Milk 1/2p	Roast Turkey 3oz Whipped Sweet Potatoes 1/2c Green Beans 1/2c Roll/Margarine Fruit parfait 1/2c 1% Milk 1/2p	Salsbury Steak 3oz With mushroom gravy Baked Potato 1/2c Peas & Carrots 1/2c Roll Snickerdoodle Cookie 1 Sour Cream 1% Milk 1/2p	