



NOVEMBER | 2018

1-800-948-8330

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
5  Meatloaf 3oz New Red Potatoes 1/2c Mixed Vegetables 1/2c Wheat Roll/ Margarine Fruit Parfait 1/2c	6 Baked herb Chicken 3oz Parmesan Potatoes 1/2c Steamed Spinach 1/2c Wheat Roll / Margarine Chilled Peaches 1/2c	7 BBQ Pork Cutlet 3oz Mashed Potatoes 1/2c Lima Beans 1/2c Wheat Bread Fruit Medley 1/2c	1 Peanut Butter Bar 1ea Fried Fish Fillet 3oz Corn Casserole 1/2c Steamed Spinach 1/2c Wheat Bread 2sl Citrus Fruit Cup 1/2c Tartar Sauce	2 Pork Cutlet with Mushroom Gravy 3oz New Red Potatoes 1/2c Broccoli Florets 1/2c Wheat Roll/margarine
12 Bourbon Chicken 3oz White Rice 1/2c Oriental Vegetables 1/2c Wheat Roll/ Margarine Orange Pineapple Parfait 1/2c	13 Roast Pork 3oz & Gravy Sweet Potatoes 1/2c Green Beans & Carrots 1/2c Wheat Roll Winter Fruit Cup 1/2c	14 Turkey Divan 3oz Red Mashed Potatoes 1/2c Wheat Roll / Margarine Oatmeal Cookie 1ea	15 Hamburger 3oz Baked Potato 1/2c Mixed Green Salad 1c Salad Dressing/ Wheat Bun Sliced Apples 1/2c Ketchup/ Mustard	16 Chicken Tenders 2ea Rosemary Potatoes 1/2c Cauliflower w/ Cheese 1/2c Wheat Roll / Margarine Pumpkin Pie 1/2c BBQ Sauce
19 Ham & Beans 1c Fried Potatoes w/ Onions 1/2c Seasoned Greens 1/2c Wheat Bread / Margarine Cinnamon Applesauce 1/2c	20 Breaded Chicken with Gravy 3oz Baked Potato 1/2c Succotash 1/2c Wheat Roll Harvest Fruit Cup 1/2c Sour Cream	21 Roast Turkey 3oz Cornbread Stuffing 1/2c California Medley 1/2c Baked yams 1/2c Wheat Roll/ Margarine Pumpkin Pie 1 sl	22 Happy Thanksgiving Day CLOSED	23 Thanksgiving Holiday CLOSED
26 Vegetable Soup 1c Hoagie Sandwich Garden Salad 1c Banana 1med Salad Dressing	27 Roast Beef & Gravy 3oz Mashed Potatoes 1/2c Buttered Carrots 1/2c Wheat Roll / Margarine Fruit Medley 1/2c	28 Mediterranean Pasta 1c Green Beans 1/2c Fresh Apple Wheat Roll Ice Cream 1/2c	29 Chicken Broccoli Casserole 6oz Parslled Rice 1/2c Wheat Roll/Margarine Ambrosia 1/2c	30 Hearty Chili 1c Spinach Salad 1c Mixed Fruit Cup 1/2c Gelatin Whip 1/2c Corn Muffin 1 Salad Dressing



Diabetes Awareness Month

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

*Meals are planned to ensure
 low salt, low fat & low sugar*