



DECEMBER | 2018

1-800-948-8330

Lifespan Resources (all meals include 1/2p 1% milk)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 <p>3 Roast Turkey 3oz Sweet Potatoes 1/2c Brussel Sprouts 1/2c Wheat Roll/ Margarine Sugar Cookie 1ea</p>	<p>4 Swiss Burger 1/2c French Fries 1/2c Baked beans 1/2c Fruit Medley 1/2c Wheat Bun / Ketchup</p>	<p>5 Chicken & Dumplings 1c Mixed Vegetables 1/2c Garden Salad 1c Dressing Wheat Roll Pineapple Cream Pudding 1/2c</p>	<p>6 Fried Fish Filet 3oz Corn Casserole 1/2c Steamed Spinach 1/2c Wheat Bread 2sl Citrus Fruit Cup 1/2c Tartar Sauce</p>	<p>7 Pork Cutlet with Mushroom Gravy 3oz New Red Potatoes 1/2c Broccoli Florets 1/2c Wheat Roll/margarine Peanut Butter Bar 1ea</p>
<p>10 Meatloaf 3oz New Red Potatoes 1/2c Mixed Vegetables 1/2c Wheat Roll/ Margarine Fruit Parfait 1/2c</p>	<p>11 Baked Herb Chicken 3oz Parmesan Potatoes 1/2c Steamed Spinach 1/2c Wheat Roll / Margarine Chilled Peaches 1/2c</p>	<p>12 BBQ Pork Cutlet 3oz Mashed Potatoes 1/2c Lima Beans 1/2c Wheat Bread Fruit Medley 1/2c</p>	<p>13 Turkey A La King (2oz turkey) 1 c Fluffy White Rice 1/2c Broccoli Florets 1/2c Wheat Roll Ice Cream 1/2cl</p>	<p>14 Homemade Beef Stew (3oz Beef) 1c serving Romaine Salad 1c Wheat Roll/Margarine Chilled Pineapple 1/2c Sugar Cookie 1</p>
<p>17 Bourbon Chicken 3oz White Rice 1/2c Oriental Vegetables 1/2c Wheat Roll/ Margarine Orange Pineapple Parfait 1/2c</p>	<p>18 Roast Pork 3oz & Gravy Sweet Potatoes 1/2c Green Beans & Carrots 1/2c Wheat Roll Winter Fruit Cup 1/2c</p>	<p>19 Turkey Divan 3oz Red Mashed Potatoes 1/2c Wheat Roll / Margarine Oatmeal Cookie 1ea</p>	<p>20 Hamburger 3oz Baked Potato 1/2c Mixed Green Salad 1c Salad Dressing/ Wheat Bun Sliced Apples 1/2c Ketchup/ Mustard</p>	<p>21 Chicken Tenders 2ea Rosemary Potatoes 1/2c Cauliflower w/ Cheese 1/2c Wheat Roll / Margarine Pumpkin Pie 1/2c BBQ Sauce</p>
<p>24 Closed Christmas Eve</p>	<p>25 Closed Christmas Day</p>	<p>26 Spaghetti 1/2c with Meatsauce 2oz California Medley 1/2c Garden Salad 1c Wheat Roll/ Margarine Ice Cream 1/2c</p>	<p>27 Western Scramble 1/2c Hash Browns 1/2c Wheat English Muffin 1ea Margarine Banana 1 med</p>	<p>28 Balsamic Herb Chicken 3oz Rice Pilaf 1/2c Steamed Cabbage 1/2c Wheat Roll Tapioca Pudding 1/2c</p>
<p>31 Closed New Year's Eve</p>				



National COPD 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*