

SEPTEMBER | 2019



Lifespan Resources (all meals served with 1/2 pint milk) 1-800-948-8930

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

2
CLOSED
LABOR DAY

3
Cheeseburger 3oz
French Fries 1/2c
Cabbage Slaw 1/2c
Fruit Medley 1/2c
Bun / Ketchup

4 Chicken (2oz) &
Dumplings(1cup serving)
Mixed Vegetables 1/2c
Garden Salad 1c
Pineapple Pudding 1/2c
Wheat Bread / margarine

5 Fried Fish Filet (3oz)
Corn Casserole 1/2c
Seasoned Spinach 1/2c
Citrus Fruit Cup 1/2c
Wheat Bread 1sl
Tartar Sauce

6 Pork Cutlet (3oz) with
Mushroom Gravy
Red Potatoes 1/2c
Broccoli Florets 1/2c
Caramel Cake 1sl
Wheat Roll/ Margarine

9
Turkey (2oz) Sandwich
Creamy Potato Soup 1c
Southwest Slaw 1/2c
Gelatin Cake 1sl
Wheat Bread 2sl

10 Roast Beef (3oz) brown
gravy
Mashed Potatoes 1/2c
Buttered Carrots 1/2c
Chilled Pineapple 1/2c
Wheat Roll / Margarine

11Macaroni & Cheese Pie
(1c)
Seasoned Spinach 1/2c
Fruit Medley 1/2c
Oatmeal Cookie 1
Wheat Bread/ Margarine

12 Chicken & Broccoli
Casserole 5oz
Parslied Rice 1/2c
Citrus Fruit Cup 1/2c
Wheat Roll / Margarine

13 Hearty Chili 1c
Mixed Green Salad 1c
Gelatin Whip 1/2c
Corn Muffin 1
Salad Dressing

16Ham (2oz) & Beans 1c
Fried Potatoes& Onions
1/2c
Seasoned Greens 1/2c
Cinnamon Applesauce
1/2c
Wheat Bread/Margarine

17 Breaded Chicken Filet 3oz
with gravy
Baked Potato 1 ea
Succotash 1/2c
Harvest Fruit Cup 1/2c
Wheat Roll / Sour Cream

18 Spaghetti 1/2 c
Meatballs (2-1oz)
Broccoli Florets 1/2c
Garden Salad 1c
Wheat Roll / Salad
Dressing
Ice-Cream 1/2c

19 Dijon Pork Cutlet (3oz)
Hash Browns 1/2c
Green Beans 1/2c
Wheat Roll / Margarine
Chilled Pineapple 1/2c

20 Blackened Chicken 3oz
Rice Pilaf 1/2c
Brussels sprouts 1/2c
Tapioca Pudding 1/2c
Wheat Roll / Margarine

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

24 Sicilian Chicken
Casserole 6oz portion
(2oz chicken)
Green Beans 1/2c
Vanilla Pudding Parfait
1/2c
Wheat Roll / Margarine

25 BBQ Pork Cutlet 3oz
Mashed Potatoes 1/2c
Baby Lima Beans 1/2c
Fruit Medley 1/2c
Wheat Bread

26Ranberry Glazed Turkey
(3oz)
White Rice 1/2c
Broccoli Florets 1/2c
Apple Crisp 1/2c
Wheat Roll

27Tomemade Beef Stew 1c
(2oz beef, 1/2c veg)
Romaine Salad
Chilled Pineapple 1/2c
Sugar Cookie 1
Italian Dressing

30 Baked Herb Chicken(3oz)
Parmesan Potatoes 1/2c
Seasoned Spinach 1/2c
Chilled Peaches 1/2c
Wheat Roll / Margarine



2

3

4



Falls Prevention 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 sugar
& low fat