

1-800-948-8330

MAY | 2022



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

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

2 Fajita Chicken 3oz
Black Beans 1/2c
Brown Rice 1/2c
Mixed Fruit 1/2c
Wheat Bread 1sl

3 Teriyaki Beef 3oz
Redskin Mashed Potato 1/2c
Capri Vegetables 1/2c
Pineapple 1/2c
Wheat Bread 1sl

4 Chicken Parmesan 3oz
Penne Pasta 1/2c
Broccoli 1/2c
Wheat Bread 1sl
Diced Pears 1/2c

5 Beef Steak 3oz
Green Beans 1/2c
Mashed Potato 1/2c
Wheat Bread 1sl
Mixed Fruit 1/2c

6 Shrimp Creole (2oz shrimp)
Rice Pilaf 1/2c
Broccoli 1/2c
Apple Crisp 1/2c
Wheat Bread 1sl

9 Lemon Pepper Chicken 3oz
Brown Rice 1/2c
Buttered Carrots 1/2c
Pineapple 1/2c
Wheat Bread 1sl

10 Beef Pot Roast (2oz)
Potatoes & Onions 1/2c
Peas & Carrots 1/2c
Sliced Peaches 1/2c
Wheat Bread 1sl

11 Roast Pork 3oz
Home Fries 1/2c
Mixed Vegetables 1/2c
Wheat Bread 1sl
Fruit Cup 1/2c

12 Meatloaf 3oz
Mashed Potatoes 1/2c
Broccoli 1/2c
Diced Peaches 1/2c
Wheat Bread 1sl

13 Crispy Chicken
Sweet Potatoes
Spinach
Pineapple

16 Beef Stew
Green Beans
Sliced Apples
Wheat Bread

17 Spaghetti with Meatsauce
Broccoli Florets
Sliced Peaches
Wheat Bread

18 Hamburger
Cheesy Potatoes
Green Beans
Wheat Bun
Applesauce

19 Smoked Pulled Pork
Seasoned Black Beans
Glazed Carrots
Cole Slaw
Wheat Bread

20 Chicken Breast Caciore
Potato Wedges
Summer Squash
Oatmeal Cookie
Wheat Bread

23 Meatloaf
Cauliflower
Green Beans
Pineapple Chunks
Wheat Bread

24 Pepper Steak
Brown Rice
Capri Vegetables
Cinnamon Apples
Wheat Bread

25 Roast Turkey
Cornbread Stuffing
Buttered Carrots
Tropical Fruit
Wheat Bread

26 Fried Chicken Breast
Cauliflower Rice
Spinach
Wheat Bread
Gelatin Cup

27 Sweet & Sour Pork
Brown Rice Pilaf
Broccoli Florets
Wheat Bread
Pineapple

30 Closed
Memorial Day


31 Meatloaf with Tomato Sauce
Spinach
Mashed Red Potatoes
Mandarin Oranges
Cookie
Wheat Bread

1 Chopped Beef Steak with Gravy
Sweet Potatoes
Cabbage
Pears
Wheat Bread

2 Turkey Sausage with Apples
Lima Beans
Riced Cauliflower
Wheat Bread
Cookie

3 Chicken Stir Fry
Brown Rice
Buttered Carrots
Pineapple
Wheat Bread



Older Americans 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*