

1-800-948-8330

# MAY | 2022



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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>2</b> Fajita Chicken 3oz Black Beans 1/2c Brown Rice 1/2c Mixed Fruit 1/2c Wheat Bread 1sl	<b>3</b> Teriyaki Beef 3oz Redskin Mashed Potato 1/2c Capri Vegetables 1/2c Pineapple 1/2c Wheat Bread 1sl	<b>4</b> Chicken Parmesan 3oz Penne Pasta 1/2c Broccoli 1/2c Wheat Bread 1sl Diced Pears 1/2c	<b>5</b> Beef Steak 3oz Green Beans 1/2c Mashed Potato 1/2c Wheat Bread 1sl Mixed Fruit 1/2c	<b>6</b> Shrimp Creole (2oz shrimp) Rice Pilaf 1/2c Broccoli 1/2c Apple Crisp 1/2c Wheat Bread 1sl
<b>9</b> Lemon Pepper Chicken 3oz Brown Rice 1/2c Buttered Carrots 1/2c Pineapple 1/2c Wheat Bread 1sl	<b>10</b> Beef Pot Roast (2oz) Potatoes & Onions 1/2c Peas & Carrots 1/2c Sliced Peaches 1/2c Wheat Bread 1sl	<b>11</b> Roast Pork 3oz Home Fries 1/2c Mixed Vegetables 1/2c Wheat Bread 1sl Fruit Cup 1/2c	<b>12</b> Meatloaf 3oz Mashed Potatoes 1/2c Broccoli 1/2c Diced Peaches 1/2c Wheat Bread 1sl	<b>13</b> Crispy Chicken Sweet Potatoes Spinach Pineapple
<b>16</b> Beef Stew Green Beans Sliced Apples Wheat Bread	<b>17</b> Spaghetti with Meatsauce Broccoli Florets Sliced Peaches Wheat Bread	<b>18</b> Hamburger Cheesy Potatoes Green Beans Wheat Bun Applesauce	<b>19</b> Smoked Pulled Pork Seasoned Black Beans Glazed Carrots Cole Slaw Wheat Bread	<b>20</b> Chicken Breast Caciore Potato Wedges Summer Squash Oatmeal Cookie Wheat Bread
<b>23</b> Meatloaf Cauliflower Green Beans Pineapple Chunks Wheat Bread	<b>24</b> Pepper Steak Brown Rice Capri Vegetables Cinnamon Apples Wheat Bread	<b>25</b> Roast Turkey Cornbread Stuffing Buttered Carrots Tropical Fruit Wheat Bread	<b>26</b> Fried Chicken Breast Cauliflower Rice Spinach Wheat Bread Gelatin Cup	<b>27</b> Sweet & Sour Pork Brown Rice Pilaf Broccoli Florets Wheat Bread Pineapple
<b>30</b> Closed Memorial Day 	<b>31</b> Meatloaf with Tomato Sauce Spinach Mashed Red Potatoes Mandarin Oranges Cookie Wheat Bread	<b>1</b> Chopped Beef Steak with Gravy Sweet Potatoes Cabbage Pears Wheat Bread	<b>2</b> Turkey Sausage with Apples Lima Beans Riced Cauliflower Wheat Bread Cookie	<b>3</b> 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*