



JANUARY | 2020

1-800-948-8330

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

MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY

30	6 Pinto Beans with Ham (2oz) Fried Potatoes 1/2c Seasoned Greens (1/2c) Fruit Medley 1/2c Corn Muffin	7 Fried Chicken 3oz) Whipped Sweet Potatoes 1/2c Green Beans 1/2c Chilled Pudding with Topping 1/2c Wheat Roll/Margarine	1	2	3
31	13 Hearty Chili 1c Mixed Green Salad 1c Chilled Pineapple 1/2c Sugar Cookie 1 Ranch Dressing Crackers	8 Tomato Soup 6oz Tuna Salad Sandwich 3oz Potato Salad 1/2c Wheat Bread 2sl Crackers Oatmeal Cookie 1	9	10	17
20	14 Turkey & Rice Casserole 1c Broccoli 1/2c Chocolate Brownie 1ea Wheat Roll/Margarine	15 Herbed Pork Cutlet 3oz Baked Potato 1/2c Buttered Carrots 1/2c Chilled Peas 1/2c Sour Cream Wheat Roll	16 Hamburger 3oz Mustard Potato Salad 1/2c Creamy Cole Slaw 1/2c Pudding with Topping 1/2c Wheat Bun Mustard/Ketchup	11	24
Martin Luther King Day					
27	28	29	30	31	
27 Beef Tacos (3oz Meat) Texas Pinto Beans 1/2c Shredded Green Salad w/ tomatoes & Cheese 1c Fruited gelatin 1/2c Tortillas (2) Taco Sauce	28 Chicken Tenders (2ea) Macaroni & Cheese 1/2c Broccoli Florets 1/2c Old Fashioned Ambrosia 1/2c Wheat bread BBQ Sauce	29 Beef (2oz) & Noodles 1/2c Buttered Carrots 1/2c Fruit medley 1/2c Wheat Roll/Margarine	30 BBQ Pork Ribette 3oz Baked Sweet Potatoes 1/2c Cauliflower 1/2c Chilled Peaches 1/2c Wheat Roll	31 Cream of Potato Soup 6oz Turkey (2oz) and Cheddar Sandwich Baked Potato Chips 1/2c Wheat Bread 2sl Mandarin Oranges 1/2c Mayonnaise/Crackers	



CLOSED
New Year's Day



New Year's Health Resolutions

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