

OCTOBER | 2019

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

1-800-948-8330




MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

30	1	2	3	4
Roast Turkey & Gravy (3oz) Candied Sweet Potatoes 1/2c Brussels Sprouts 1/2c Wheat Roll / Margarine Sugar Cookie	Roast Pork (3oz) with Brown Gravy Baked Sweet Potatoes 1/2c Baby Lima Beans 1/2c Winter Fruit Cup 1/2c Wheat Roll	Tuna (2oz) Noodle Casserole 1 cup serving total Broccoli Florets 1/2c Oatmeal Cookie Wheat Roll / Margarine	Dressed Hamburger (3oz) Potato Wedges 1/2c Tangy Coleslaw 1/2c Fresh Apples Slices 1/2c Wheat Bun Ketchup / Mustard	Chicken Tenders (2ea) Rosemary Potatoes 1/2c Cheesy Cauliflower 1/2c Pumpkin Pie 1sl Wheat Roll / Margarine BBQ Sauce
7	8	9	10	11
Roast Turkey & Gravy (3oz) Candied Sweet Potatoes 1/2c Brussels Sprouts 1/2c Wheat Roll / Margarine Sugar Cookie	Cheeseburger 3oz French Fries 1/2c Cabbage Slaw 1/2c Fruit Medley 1/2c Bun / Ketchup	Chicken (2oz) & Dumplings 1 cup serving Mixed Vegetables 1/2c Garden Salad 1c Pineapple Pudding 1/2c Wheat Bread / margarine	Fried Fish Fillet (3oz) Corn Casserole 1/2c Seasoned Spinach 1/2c Citrus Fruit Cup 1/2c Wheat Bread 1sl Tartar Sauce	Pork Cutlet (3oz) with Mushroom Gravy Red Potatoes 1/2c Broccoli Florets 1/2c Caramel Cake 1sl Wheat Roll/ Margarine
14	15	16	17	18
Turkey (2oz) Sandwich Creamy Potato Soup 1c Southwest Slaw 1/2c Gelatin Cake 1sl Wheat Bread 2sl	Roast Beef (3oz) brown gravy Mashed Potatoes 1/2c Buttered Carrots 1/2c Chilled Pineapple 1/2c Wheat Roll / Margarine	Macaroni & Cheese (1c) Seasoned Spinach 1/2c Fruit Medley 1/2c Oatmeal Cookie 1 Wheat Bread/ Margarine	Chicken & Broccoli Casserole 5oz Parslled Rice 1/2c Citrus Fruit Cup 1/2c Wheat Roll / Margarine	Hearty Chili 1c Mixed Green Salad 1c Mixed Fruit Cup 1/2c Gelatin Whip 1/2c Corn Muffin 1 Salad Dressing
21	22	23	24	25
Ham (2oz) & Beans 1c Fried Potatoes & Onions 1/2c Seasoned Greens 1/2c Cinnamon Applesauce 1/2c Wheat Bread/ Margarine	Breaded Chicken Filet 3oz with gravy Baked Potato 1 ea Succolash 1/2c Harvest Fruit Cup 1/2 Wheat Roll + Sour Cream	Spaghetti 1/2 c Meatballs (2- 1oz) Broccoli Florets 1/2c Garden Salad 1c Wheat Roll / Salad Dressing Ice Cream 1/2c	Dijon Pork Cutlet (3oz) Hash Browns 1/2c Green Beans 1/2c Wheat Roll / Margarine Chilled Pineapple 1/2c	Blackened Chicken 3oz Rice Pilaf 1/2c Brussels Sprouts 1/2c Tapioca Pudding 1/2c Wheat Roll / Margarine
28	29	30	31	1
Meatloaf 3oz Red Potatoes 1/2c Mixed Vegetables 1/2c Fruit Parfait 1/2c Wheat Roll / Margarine	Sicilian Chicken Casserole 6oz portion (2oz chicken) Green Beans 1/2c Vanilla Pudding Parfait 1/2c Wheat Roll + Margarine	BBQ Pork Cutlet 3oz Mashed Potatoes 1/2c Baby Lima Beans 1/2c Fruit Medley 1/2c Wheat Bread	Cranberry Glazed Turkey (3oz) White Rice 1/2c Broccoli Florets 1/2c Apple Crisp 1/2c Wheat Roll	



Flu Shot Clinics
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*