

1-800-948-8330

AUGUST | 2022

LifeSpan Resources

(all meals served with 1/2 pint milk)



MONDAY

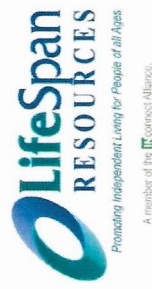
TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

1	Chicken Stir Fry Brown Rice Buttered Carrots Wheat Bread/ Margarine Pineapple Cup 1% Milk	2	Chicken & Black Bean Chili Broccoli & Cauliflower Blend Baked Apples Wheat Bread 1% Milk	3	Lasagna with Meatsauce Italian Vegetables Pineapple Crisp Oatmeal Cookie 1% Milk	4	Salisbury Steak Mashed Potatoes Buttered Carrots Wheat Bread Mandarin Oranges Cup 1% Milk	5	Sesame Chicken Brown Rice Oriental Vegetables Spiced Peaches Wheat Bread/ Margarine 1% Milk
8	Beefy Macaroni Casserole Spinach with Peppers Zucchini Wheat Bread Diced Pear Cup 1% Milk	9	Sliced Turkey Sage Dressing California Medley Oatmeal Cookie Wheat Bread/margarine 1% Milk	10	Spaghetti with meatballs Italian Beans Diced Carrots Pineapple Cup Wheat Bread 1% Milk	11	Chicken Florentine Cauliflower Sweet Potatoes Wheat Bread/Margarine Tropical Fruit 1% Milk	12	Beef Stew Mashed Potatoes Broccoli Mandarin Orange Cup Wheat Bread / Margarine 1% Milk
15	Scrambled Eggs with ham Obrien Potatoes Spinach Oatmeal Cookie Pineapple Tidbits 1% Milk	16	Ground Round Steak Roasted Potatoes Brussels Sprouts Wheat Bread/Margarine Chocolate Chip Cookie Diced Pears 1% Milk	17	Jerk Spiced Tilapia Cheese Grits Glazed Carrots Wheat Bread Mandarin Oranges 1% Milk	18	Beef Ravioli Buttered Peas Diced Carrots Wheat Bread/Margarine Tropical Fruit Cup 1% Milk	19	Turkey Chili Broccoli with Cheese Sauce Peach Crisp Wheat Bread 1% Milk
22	Pulled Pork Mashed Potatoes Green Beans Wheat Bun Cookie Mandarin Orange Cup 1% Milk	23	Fajita Chicken Black Beans Brown Rice Pineapple Cup 1% Milk	24	Teriyaki Beef Red Skin Mashed Potatoes Capri Vegetables Wheat Bread/Margarine Orange Cup 1% Milk	25	Chicken Parmesan Penne Pasta Broccoli Wheat Bread/Margarine Diced Pears cup 1% Milk	26	Chopped Beef Steak Green Beans Mashed Potatoes Wheat Bread Mixed Fruit Cup 1% Milk
29	Shrimp Creole Rice Pilaf Broccoli Apple Crisp Wheat Bread/Margarine 1% Milk	30	Lemon Pepper Chicken Brown Rice Buttered Carrots Wheat Bread/Margarine Pineapple Cup 1% Milk	31	Beef Pot Roast Potatoes & Onions Peas & Carrots Wheat Bread/Margarine Peach Crisp 1% Milk	1	Roast Pork Loin Home Fries Mixed Vegetables Wheat Bread/Margarine Oatmeal Cookie Mixed Fruit 1% Milk	2	Meatloaf Mashed Potatoes Broccoli Wheat Bread Peach Cup 1% Milk



Monday thru
Friday
Open to the Public
Age 60+/Disabled
\$2.50 Donation
Order in Advance
Reservations
Required w/ Week
Notice
Hot Plate Lunch or
Chef Salad
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*