

APRIL | 2020

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

800-948-8990



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY



<p>6 Beef Tacos (3oz Meat) Texas Pinto Beans 1/2c Shredded Green Salad with tomatoes & Cheese 1c Fruited gelatin 1/2c Tortillas (2) Taco Sauce</p>	<p>31</p>	<p>1 Pork Cutlet with Brown Gravy 3oz Whipped Sweet Potatoes 1/2c Brussels sprouts 1/2c Pudding Parfait 1/2c Wheat Roll</p>	<p>2 White Chili 1c (2oz chicken in chili) Collard Greens 1/2c Fruit Medley 1/2c Cornbread Oatmeal Cookie 1</p>	<p>3 Swiss Burger 3oz Buttered Corn 1/2c Creamy Coleslaw 1/2c Banana 1med Wheat Bun Ketchup</p>
<p>7 Chicken Tenders (2ea) Macaroni & Cheese 1/2c Broccoli Florets 1/2c Old Fashioned Ambrosia 1/2c Wheat bread BBQ Sauce</p>	<p>7 Tomato Vegetable Soup 6oz Turkey Sandwich 2oz Lettuce & Tomato 1/2c Potato Salad 1/2c Crackers Snickardoodle Cookie 1</p>	<p>8 Beef (2oz) & Noodles 1/2c Buttered Carrots 1/2c Fruit medley 1/2c Wheat Roll/ Margarine</p>	<p>9 BBQ Pork Ribette 3oz Baked Sweet Potatoes 1/2c Cauliflower 1/2c Chilled Peaches 1/2c Wheat Roll</p>	<p>10 CLOSED Good Friday</p>
<p>13 Cheeseburger (3oz) Lettuce & Tomato California Medley 1/2c Fruit Medley 1/2c Wheat Bun Ketchup</p>	<p>15 Salisbury Steak 3oz New Red Potatoes 1/2c Broccoli Florets 1/2c Wheat Roll/ Margarine Angel Food Cake slice</p>	<p>15 Tangy Ranch Chicken 3oz Mashed Potatoes 1/2c Spinach 1/2c Orange Slices (2 quarters) Wheat Roll/ Margarine</p>	<p>16 Breaded Pork Cutlet 3oz Mashed Red Potatoes 1/2c Baby Carrots 1/2c Chilled Pineapple 1/2c Wheat Roll/ Margarine</p>	<p>17 Turkey Divan 3oz (1/2c Broccoli Spear in Turkey) Candied Sweet Potatoes 1/2c Pumpkin Pie 1sl Wheat Roll/ Margarine</p>
<p>20 Pinto Beans with Ham (2oz) Fried Potatoes 1/2c Seasoned Greens (1/2c) Fruit Medley 1/2c Corn Muffin</p>	<p>21 Fried Chicken 3oz) Whipped Sweet Potatoes 1/2c Green Beans 1/2c Chilled Pudding with Topping 1/2c Wheat Roll/ Margarine</p>	<p>22 Tomato Soup 6oz Tuna Salad Sandwich 3oz Potato Salad 1/2c Wheat Bread 2sl Crackers Oatmeal Cookie 1</p>	<p>23 Pork Casserole 1 cup Peas & Carrots 1/2c Pineapple Angel Cake 1sl Wheat Bread / Margarine</p>	<p>24 Hamburger 3oz Mustard Potato Salad 1/2c Creamy Cole Slaw 1/2c Pudding with Topping 1/2c Wheat Bun Ketchup</p>
<p>27 Hearty Chili 1c Mixed Green Salad 1c Chilled Pineapple 1/2c Sugar Cookie 1 Ranch Dressing Crackers</p>	<p>28 Turkey & Rice Casserole 1c Broccoli 1/2c Chocolate Brownie 1ea Wheat Roll/ Margarine</p>	<p>29 Baked Pork Cutlet 3oz Baked Potato 1/2c Buttered Carrots 1/2c Chilled Pears 1/2c Sour Cream Wheat Roll</p>	<p>30 Mustard Potato Salad 1/2c Creamy Cole Slaw 1/2c Pudding with Topping 1/2c Wheat Bun Ketchup</p>	<p>1</p>



A member of the Christ Community
Providing Independent Living for People of All Ages

**Financial
Awareness 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*