

# MAY | 2019

**Lifespan Resources** (All meals served with ½ pint milk) 1-800-948-8930




MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

<p>29 Breaded Pork Cutlet(3oz) Mashed Potatoes (1/2c) Broccoli Florets(1/2c) Fruit Medley(1/2c) Wheat Roll/Margarine</p>	<p>30 </p>	<p>1 Herb Pork Cutlet (3oz) Red Mashed Potatoes (1/2c) Glazed Baby Carrots(1/2c) Ambrosia(1/2c) Wheat Roll/Margarine</p>	<p>2 Cheese Ravioli(8ea) Italian Vegetables (1/2c) Garden Salad (1c) Banana (1med) Wheat roll/Margarine Salad Dressing</p>	<p>3 Oven Fried Chicken (3oz) Sweet Corn(1/2c) Steamed Spinach(1/2c) Ice Cream 1/2c Wheat Roll / Margarine</p>
<p>6 Breaded Pork Cutlet(3oz) Mashed Potatoes (1/2c) Broccoli Florets(1/2c) Fruit Medley(1/2c) Wheat Roll/Margarine</p>	<p>7 Lasagna Casserole (2ozBeef) Italian Vegetables (1/2c) Tossed Salad(1c) Banana (1med) Italian Bread/Margarine Salad Dressing</p>	<p>8 Tangy Ranch Chicken (3oz) New Red Potatoes(1/2c) Green Beans(1/2c) Very Berry Fruit Cup 1/2c Wheat Roll/Margarine</p>	<p>9 Turkey Salad(1/2c,2oz turkey) Tomato Cucumber Salad(1/2c) Pineapple(1/2c) Chilled Pudding w/ Topping(1/2c) Wheat Bread (2sl)</p>	<p>1 Salisbury Steak(3oz)with Mushroom Gravy Baked Potato Peas &amp; Carrots (1/2c) Snickerdoodle Cookie (1ea) Wheat Roll Sour Cream</p>
<p>1 BBQ Pulled Pork(3oz) Chuckwagon Corn 1/2c Spinach Salad(1c) Fresh Melon Cup (1/2c) Wheat Bun Salad Dressing</p>	<p>14 Baked Chicken Breast(3oz) Rice Pilaf(1/2c) Broccoli&amp;Cauliflower1/2c Banana Pudding 1/2c Wheat Roll/Margarine</p>	<p>15 Tomato Vegetable Soup (1c) Tuna Salad (3oz) Fruit Salad (1/2c) Oatmeal Raisin Cookie(1ea) Wheat Bread(2sl) Saltnes (2ea)</p>	<p>16 Meatloaf (3oz) New Red Potatoes(1/2c) Green Beans(1/2c) Orange Pineapple Medley (1/2c) Wheat Roll/Margarine</p>	<p>17 Honey Mustard Chicken(3oz) Mashed Potatoes(1/2c) Collard Greens(1/2c) Ice Cream (1/2c) Wheat Roll/Margarine</p>
<p>20 Sloppy Joe (1/2c, 2oz beef) Potato Wedges (1/2c) Summer Coleslaw 1/2c Cinnamon Applesauce 1/2c Wheat Bun Ketchup</p>	<p>2 Chicken Tenders (2ea, 3oz) Macaroni &amp; Cheese 1/2c Broccoli Florets 1/2c Ice Cream 1/2c Wheat Roll/Margarine BBQ Sauce</p>	<p>22 Spaghetti with Meatsauce (2ozbeef, 1c serving) Italian Beans 1/2c Spinach Salad 1c Fruited Gelatin 1/2c Italian Bread/Margarine</p>	<p>23 Egg Salad 1/2c Fresh Tomato Wedges (1/2c) Fruit Medley 1/2c Sherbet 1/2c Wheat Bread 2sl</p>	<p>24 Chopped Steak(3oz) with brown gravy Red Skin Mashed 1/2c Seasoned Greens 1/2c Fresh Orange 1med Wheat Roll/Margarine</p>
<p>27 Closed Memorial Day</p>	<p>28 Cream of Broccoli Soup 1c Ham &amp; Turkey Sandwich (2oz meat, 2sl wheat bread) Cherry Tomato &amp; Spinach Salad 1/2c Cubed Watermelon 1c Salad Dressing</p>	<p>29 Turkey(2oz) Tetrizini 1c Green Beans ½ c Fruit Medley 1/2c Wheat Bread/Margarine</p>	<p>30 Pepper Steak (2oz meat, 6oz serving) White Rice 1/2c Oriental Vegetables 1/2c Mandarin Orange Fuff 1/2c Wheat Roll/Margarine</p>	<p>31 Fried Fish 3oz Macaroni &amp; Cheese 1/2c Creamy Coleslaw 1/2c Banana 1med Wheat Bun Tartar Sauce</p>



**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.