

1-800-948-8330

NOVEMBER | 2021



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

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

1 Roast Turkey & Dressing
California Medley
Vegetables
Oatmeal Cookie
Wheat Bread
Milk

8 Ground Round Steak 3oz
Roasted Potatoes 1/2c
Brussels Sprouts 1/2c
Wheat Bread 1sl
Pears 1/2c

15 Fajita Chicken 3oz
Black Beans 1/2c
Brown Rice 1/2c
Mixed Fruit 1/2c
Wheat Bread 1sl

22 Lemon Pepper Chicken 3oz
Brown Rice 1/2c
Buttered Carrots 1/2c
Pineapple 1/2c
Wheat Bread 1sl

2 Spaghetti (1/2c) with
Meatballs (3oz)
Italian Beans 1/2c
Pineapple 1/2c
Wheat Bread 1sl

9 Baked Tilapia Filet 3oz
Cheese Grits 1/2c
Glazed Carrots 1/2c
Wheat Bread 1sl
Mandarin Oranges 1/2c

16 Teriyaki Beef 3oz
Redskin Mashed Potato
1/2c
Capri Vegetables 1/2c
Pineapple 1/2c
Wheat Bread 1sl

23 Beef Pot Roast (2oz)
Potatoes & Onions 1/2c
Peas & Carrots 1/2c
Sliced Peaches 1/2c
Wheat Bread 1sl

30 Spaghetti with Meat
Sauce
Broccoli Florets
Sliced Peaches
Wheat Bread

3 Chicken Florentine 3oz
Cauliflower 1/2c
Sweet Potatoes 1/2c
Wheat Bread 1sl
Tropical Fruit Cup

10 Beef Ravioli with Meat
Sauce (2oz beef)
Green Peas 1/2c
Baby Carrots 1/2c
Wheat Bread 1sl
Tropical Fruit 1/2c

17 Chicken Parmesan 3oz
Penne Pasta 1/2c
Broccoli 1/2c
Wheat Bread 1sl
Diced Pears 1/2c

24 Roast Pork 3oz
Home Fries 1/2c
Mixed Vegetables 1/2c
Wheat Bread 1sl
Fruit Cup 1/2c

1 Hamburger
Cheesy Potatoes
Green Beans
Wheat Bun
Applesauce

4 Beef Stew (2oz beef)
Mashed Potatoes 1/2c
Broccoli 1/2c
Orange Cup 1/2c
Wheat Bread 1sl

~~**11** Turkey Chili (2oz turkey, 1
cup serving)
Broccoli with Cheese
sauce 1/2c
Peaches 1/2c
Wheat Bread 1sl~~

18 Beef Steak 3oz
Green Beans 1/2c
Mashed Potato 1/2c
Wheat Bread 1sl
Mixed Fruit 1/2c

25 CLOSED for
Thanksgiving Day

2 Smoked Pulled Pork
Seasoned Black Beans
Glazed Carrots
Cole Slaw
Wheat Bread

5 Scrambled Eggs with
Ham 1cup
Obrien Potatoes 1/2c
Seasoned Spinach 1/2c
Pineapple 1/2c
Wheat Bread 1sl

12 Pulled Pork 3oz
Mashed Potatoes 1/2c
Green Beans 1/2c
Wheat Bread 1sl
Mandarin Oranges 1/2c

19 Shrimp Creole (2oz
shrimp)
Rice Pilaf 1/2c
Broccoli 1/2c
Apple Crisp 1/2c
Wheat Bread 1sl

26 CLOSED for
Thanksgiving Holiday

3 Chicken Breast Caciatore
Potato Wedges
Summer Squash
Oatmeal Cookie
Wheat Bread



Diabetes 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*