



# Lifespan Resources Congregate Meal Sites Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>3</b> Braised Beef Tips 3oz Rosemary Red Potatoes 1/2c Tomatoes & Okra 1/2c Wheat Roll/Margarine Tropical Fruit Salad 1/2c 1% Milk 1/2p	<b>4</b> Oven Fried Chicken Thigh 3oz Baked Potato 1/2c Broccoli 1/2c Wheat Roll/Margarine Applesauce 1/2c 1% Milk 1/2p	<b>5</b> Ricotta Cheese Lasagna with chunky vegetable sauce 1c Squash Medley 1/2 c Tossed Salad 1c Wheat Roll/Margarine Fresh Orange 1 Ranch Dressing 1% Milk 1/2p	<b>6</b> Beef Frankfurter 2oz Sauerkraut 1/2c Baked Beans 1/2c Fruit Yogurt 1/2c 1% Milk 1/2c	<b>7</b> Stuffed Bell Pepper (3oz beef) Peas & Carrots 1/2c Caesar Salad 1c Wheat Roll/Margarine Banana 1med 1% Milk 1/2p
<b>10</b> Beef (3oz) Taco Salad Cheese, Lettuce, Tomato, Refried Beans 1/2c Honeydew Melon 1/2c Tortilla Chips 1oz 1% Milk 1/2p	<b>11</b> Pork Cutlet 3oz Baked Sweet Potato 1/2c Collard Greens 1/2c Wheat Roll / Butter Pineapple Chunks 1/2c 1% Milk 1/2p	<b>12</b> Tuna Salad (3oz tuna) Lettuce / Tomato Tomato Soup 1c Crackers Fruit Yogurt 1/2c Wheat Bun 1% Milk 1/2p	<b>13</b> Spaghetti w Meatballs (3-1oz) Green Beans 1/2c Broccoli Raisin Salad 1/2c Banana 1med 1% Milk 1/2p	<b>14</b> Teriyaki Chicken Breast 3oz Seasoned Brown Rice 1/2c Lima Beans 1/2c Wheat Roll / Margarine Fresh Orange 1 1% Milk 1/2p
<b>17</b> Chicken Parmesan 3oz Whole Wheat Noodles 1/2c Mixed Vegetables 1/2c Wheat Roll/margarine Applesauce 1/2c 1% Milk 1/2p	<b>18</b> Pulled Pork BBQ 3oz Buttered Corn 1/2c Caribbean Vegetables 1/2c Tropical Fruit Salad 1/2c Wheat Bun 1% Milk 1/2p	<b>19</b> Ham (3oz) & Beans 1/2c Broccoli with Cheese 1/2c Cornbread Muffin / Margarine Banana 1med 1% Milk 1/2p	<b>20</b> Chicken 3oz and Vegetable Casserole 1 cup Tossed Salad Mandarin Oranges 1/2c Wheat Roll / Margarine Ranch Dressing 1% Milk 1/2p	<b>21</b> Meatloaf w Tomato Sauce 3oz Baked Potato 1/2c Green Beans & Onions 1/2 c Wheat Roll / Margarine Tropical Fruit Salad 1/2c 1% Milk 1/2p
<b>24</b> Fish Sandwich 3oz Lettuce & Tomato Wild Rice 1/2c Cole Slaw 1/2c Pineapple Chunks 1/2c Wheat Bun 1% Milk 1/2p	<b>25</b> BBQ Chicken Breast 3oz Redskin Baked Potato 1/2c Caribbean Vegetables 1/2c Tropical Fruit Salad 1/2c Wheat Roll w Margarine Sour Cream 1% Milk 1/2p	<b>26</b> Roast Turkey w Gravy 3oz Au gratin Potatoes 1/2c Peas & Mushrooms 1/2c Wheat Roll w Margarine Banana 1med 1% Milk 1/2p	<b>27</b> Cheeseburger 3oz Lettuce & Tomato Potato Wedges 1/2c Mandarin Oranges 1/2c Wheat Bun Ketchup & Mustard 1% Milk 1/2p	<b>28</b> Ham 2oz & Swiss .75oz Vegetable Soup 1cup Fresh Orange 1 Wheat Crackers 2 Wheat Bread 2sl Mayonnaise 1% Milk 1/2p
<b>31</b> Braised Beef Tips 3oz Rosemary Red Potatoes 1/2c Tomatoes & Okra 1/2c Wheat Roll/Margarine Tropical Fruit Salad 1/2c 1% Milk 1/2p				



Join Us  
 For  
 Lunch & Activities!  
 Plate Lunch  
 (Or Chef Salad; order  
 in advance)

Monday-Friday  
 Open to the Public  
 Age 60+/Disabled  
 Donation-\$2.50  
 Appreciated  
 (Registration  
 Required)

All Meals meet 1/3 of the  
 US RDA established by  
 The Dietary Guidelines for  
 Americans. Meals are  
 planned to insure low salt,  
 fat and sugar.

