



JUNE | 2018

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

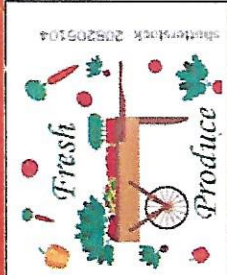
MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY



4 Pork Tips & Gravy 3oz
Parsiled Rice 1/2c
Broccoli Florets 1/2c
Fruit Medley 1/2c
Wheat Roll & Margarine

5 Lasagna Casserole 1c
Italian Vegetables 1/2c
Toss Salad 1c
Banana 1ea
Italian Bread
Margarine & Dressing

6 Mandarin Chicken Salad
3/4c
Macaroni Salad 1/2c
Tomato Wedges 4ea
Angel Food Cake 1sl
Wheat Roll

7 Turkey & Rice Casserole
1c
Collard Greens 1/2c
Chilled Pineapple 1/2c
Chilled Pudding with
Topping 1/2c
Wheat Roll & Margarine

8 Salisbury Steak with
Mushroom Gravy 3oz
Baked Potato 1/2c
Peas & Carrots 1/2c
Snickerdoodle Cookie
1ea
Sour Cream

11 Mediterranean Vegetabl
Soup 1c
Cottage Cheese &
Peaches 1/2c
Spinach Salad 1c
Oatmeal Cookie 1ea
Salad Dressing
Crackers (4ea)

12 BBQ Chicken 3oz
Hash Brown Potatoes
1/2c
Capri Vegetables 1/2c
Watermelon 1c
Wheat Roll & Margarine

13 Roast Turkey & Gravy
3oz
Mashed Sweet Potatoes
1/2c
Green Beans 1/2c
Fruit Parfait 1/2c
Wheat Roll & Margarine

14 Stuffed Green Pepper
(2ozbeef)
Buttered Corn 1/2c
Tossed Salad 1c
Berry Fruit Cup 1/2c
Wheat Roll & Margarine
Salad Dressing

15 Fried Fish 3oz
Macaroni & Cheese 1/2c
Creamy Coleslaw 1/2c
Banana 1ea
Wheat Bun 2oz

18 Hamburger with tomato
3oz
Baked Potato Wedges
1/2c
Tossed Salad 1c
Fresh Apple 1ea
Wheat Bun
Ketchup & Mustard

19 Garden Vegetable Soup
1c
Chicken Salad Sandwich
2oz
Potato Salad 1/2c
Fresh Melon Cup 1/2c
Wheat Bread 2sl
Crackers (2ea)

20 Herbed Pork Cutlet 3oz
Red Skin Mashed Potato
1/2c
Glazed Baby Carrots 1/2c
Ambrosia Salad 1/2c
Wheat Roll & Margarine

21 Cheese Ravioli 1c (2oz
cheese)
Italian Vegetables 1/2c
Garden Salad 1c
Banana 1ea
Wheat Roll & Margarine
Salad Dressing

22 Oven Fried Chicken 3oz
Corn on the Cob 1ea
Steamed Spinach 1/2c
Ice Cream 1/2c
Wheat Roll

25 BBQ Pork Sandwich 3oz
Chuckwagon Corn 1/2c
Spinach Salad 1c
Fresh Melon Cup 1/2c
Wheat Bun
Salad Dressing

26 Baked Chicken 3oz
Rice Pilaf 1/2c
Broccoli & Cauliflower
1/2c
Banana Pudding 1/2c
Wheat Roll & Margarine

27 Tomato Vegetable Soup
1c
Tuna Salad Sandwich 2oz
Fruit Salad 1/2c
Oatmeal Raisin Cookie
1ea
Crackers 2ea
Wheat Bread 2sl

28 Meatloaf 3oz
New Red Potatoes 1/2c
Green Beans 1/2c
Orange Pineapple Medley
1/2c
Wheat Roll & Margarine

29 Honey Mustard Chicken
3oz
Mashed Potatoes 1/2c
Collard Greens 1/2c
Ice Cream 1/2c
Wheat Roll & Margarine



Senior Farmers Market
Voucher Program

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 1/2 of the
USDA established by the
Dietary Guidelines for
Older Americans

*Meals are planned to
ensure low salt, low fat &
low sugar*