

1-812-948-8330

AUGUST | 2021

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



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

2 Lemon Pepper Chicken
Brown Rice
Buttered Carrots
Pineapple
Wheat Bread

9 Beef Stew
Green Beans
Sliced Apples
Wheat Bread

10 Spaghetti with Meatsauce
Broccoli Florets
Sliced Peaches
Wheat Bread

3 Beef Pot Roast
Mashed Potatoes
Mixed Vegetables
Peaches
Wheat Bread

4 Roast Pork Loin
Home Fries
Capri Vegetables
Wheat Bread
Oatmeal Cookie

11 Hamburger
Cheesy Potatoes
Green Beans
Wheat Bun
Applesauce

5 Meatloaf
Mashed Potatoes
Broccoli
Melon Cup
Wheat Bread

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

6 Crispy Chicken
Sweet Potatoes
Spinach
Pineapple
Wheat Bread

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

16 Meatloaf
Mashed Potatoes
Green Beans
Applesauce
Wheat Bread

17 Pepper Steak
Brown Rice
Capri Vegetables
Cinnamon Apples
Wheat Bread

18 Roast Turkey
Cornbread Stuffing
Buttered Carrots
Tropical Fruit
Wheat Bread

19 Fried Chicken Breast
Cauliflower Rice
Spinach
Wheat Bread
Gelatin Cup

20 Sweet & Sour Pork
Brown Rice Pilaf
Broccoli Florets
Wheat Bread
Pineapple

23 BBQ Chicken
O'Brien Potatoes
Broccoli
Oatmeal Cookie
Wheat Bread

24 Swedish meatballs
Spinach
Mashed Red Potatoes
Mandarin Oranges
Wheat Bread

25 Chopped Beef Steak
Sweet Potatoes
Cabbage
Pears
Wheat Bread

26 Turkey Sausage with Apples
Lima Beans
Riced Cauliflower
Wheat Bread

27 Chicken Stir Fry
Brown Rice
Buttered Carrots
Pineapple
Wheat Bread

30 Chicken Chili
Winter Vegetables
Apples
Wheat Bread

31 Lasagna with Meatsauce
Italian Vegetables
Pineapple
Wheat Bread

1 Salisbury Steak
Mashed Potatoes
Buttered Carrots
Mandarin Oranges
Wheat Bread

2 Sesame Chicken
Brown Rice
Oriental Vegetables
Spiced Peaches
Wheat Bread!

3 Beefy Macaroni Casserole
Spinach with Peppers
Summer Squash
Pears
Wheat Bread

News