MARCH | 2018

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 Breaded Pork Chop with Cream Gravy 3oz Sage Dressing 1/2c Green Beans 1/2c Mandarin Oranges 1/2c Wheat Roll	2 Cheese Manicotti Marinara 2ea Italian Vegetables 1/2c Spinach Salad 1c Banana 1 med Wheat Bread/ dressing
5 Hamburger on Wheat Bun 3oz Potato Salad 1/2c Cole Slaw 1/2c Chilled Pudding 1/2c	6 Chicken Tenders 3oz Mac & Cheese 1/2c Baby Lima Beans 1/2c Wheat Bread / Margarine Ambrosia 1/2c	7 Ham & Cheese Casserole ¾ cup Broccoli 1/2c Chilled Pineapple 1/2c Fruited Gelatin 1/2c Wheat Roll	8 Hearty Chili 1c Romaine Salad 1c Fruit Medley 1/2c Sugar Cookie Crackers/ Dressing	9 Fried Fish Filet 3oz Buttered Corn 1/2c Collard Greens 1/2c Wheat Bread 1sl Tartar Sce Sherbet 1/2c
12 Apple Cider BBQ Chicken 3oz Mashed Potatoes 1/2c Capri Vegetables 1/2c Mandarin Oranges ½ c Wheat Roll/ Margarine	13 Herbed Pork Loin with Gravy 3oz Baked Potato 1/2c Seasoned Greens 1/2c Wheat Roll Chilled Pears 1/2c	14 Turkey Veggie Sloppy Joes 3oz Whole Wheat Bun Roast Sweet Potatoes 3oz Shaved Brussel Sprouts Salad 3oz Cantaloupe Chunks 1/2c	15 Salisbury Steak 3oz New Red Potatoes 1/2c Green Peas ½ c Wheat Roll/ Margarine Strawberry Applesauce ½ c	16 Cheese Ravioli with Marinara Sauce 6oz Winter Vegetables 1/2c Spinach Salad 1c Banana 1 med Wheat Roll/ dressing
19 Pinto Beans & Ham 1c Fried Potatoes 1/2c Seasoned Greens 1/2c Sugar Cookie 1ea Wheat Bread 1sl	20 Chicken Pot Pie 1c Tossed Salad 1c Chilled Fruit Cup 1/2c Wheat Roll/Margarine Gelatin Cubes 1/2c	21 Roast Pork 3oz Whipped Sweet Potatoes 1/2c Brussel Sprouts 1/2c Pudding Parfait 1/2c	22 Spaghetti with Meatsauce 1c California Medley 1/2c Garden Salad 1c Italian Bread/Margarine Ice Cream 1/2c	23 Broccoli Soup 1c Tuna Salad 3oz Wheat Bread 2sl Pasta Salad 1/2c Honey Fruit Cup ½
26 Turkey Divan 3oz Wild Rice 1/2c Fruit Medley 1/2c Wheat Roll/margarine Ice Cream 1/2c	27 Pot Roast 3oz Parslied Potatoes 1/2c Carrots with Celery & Onion 1/2c Wheat Roll Frosted Cherry Jello ½c	28 Pork Loin with Mustard Sauce 3oz Mashed Potato 1/2c Steamed Cabbage 1/2c Wheat Roll/Margarine Winter Fruit Cup 1/2c	29 Fried Chicken 3oz Buttered Corn 1/2c Mixed Greens 1/2c Wheat Roll Pudding w/ topping ½	30 CLOSED Good Friday

LifeSpan RESOURCES
Promoting Independent Living for People of all Ages.

Nutrition Awareness Month

Celebrate with us on
Weds March 14 2018

Monday – Friday
Open to the Public
Age 60+/Disabled
$2.50 Donation
Reservations 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 fat & low sugar

Mastersons Catering