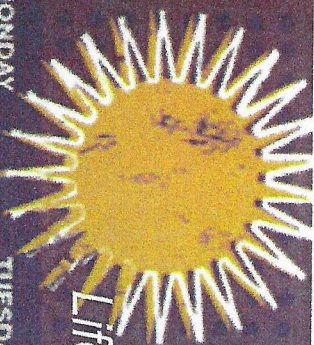
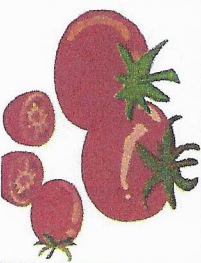
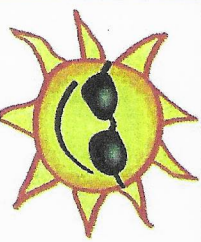




AUGUST | 2018

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

812-948-8330

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 6 Sloppy Joe Sandwich 2oz Baked Potato Wedges 1/2c Summer Coleslaw 1/2c Ice Cream 1/2c Wheat Bun Ketchup	 7 Chicken Tenders 2ea (3oz total) Macaroni & Cheese 1/2c Broccoli 1/2c Cinnamon Applesauce 1/2c Wheat Roll & Margarine BBO Sauce	1 Tomato Vegetable Soup 1c Tuna Salad Sandwich 2oz Fruit Salad 1/2c Oatmeal Raisin Cookie 1ea Crackers 2ea Wheat Bread 2sl	2 Meatloaf 3oz New Red Potatoes 1/2c Green Beans 1/2c Orange Pineapple Medley 1/2c Wheat Roll & Margarine	3 Honey Mustard Chicken 3oz Mashed Potatoes 1/2c Collard Greens 1/2c Ice Cream 1/2c Wheat Roll & Margarine
5 Pork Tips & Gravy 3oz Parslied Rice 1/2c Broccoli Florets 1/2c Fruit Medley 1/2c Wheat Roll & Margarine	4 Lasagna Casserole 1c Italian Vegetables 1/2c Toss Salad 1c Banana 1ea Italian Bread Margarine & Dressing	1 Mandarin Chicken Salad 3/4c Macaroni Salad 1/2c Tomato Wedges 4ea Angel Food Cake 1sl Wheat Roll	4 Turkey & Rice Casserole 1c Collard Greens 1/2c Chilled Pineapple 1/2c Chilled Pudding with Topping 1/2c Wheat Roll & Margarine	1 Taco Salad (2oz meat, 1/2c shredded lettuce, 1/4c diced tomatoes, 1/4c shredded cheese, taco sauce) Mexican Corn 1/2c Gelatin Whip 1/2c Banana 1ea Tortilla Chips 1bag
2 Mediterranean Vege Soup 1c Cottage Cheese & Peaches 1/2c Spinach Salad 1c Oatmeal Cookie 1ea Salad Dressing Crackers (4ea)	2 BBQ Chicken 3oz Hash Brown Potatoes 1/2c Capri Vegetables 1/2c Watermelon 1c Wheat Roll & Margarine	2 Roast Turkey & Gravy 3oz Mashed Sweet Potatoes 1/2c Green Beans 1/2c Fruit Parfait 1/2c Wheat Roll & Margarine	3 Stuffed Green Pepper (2oz beef) Buttered Corn 1/2c Tossed Salad 1c Berry Fruit Cup 1/2c Wheat Roll & Margarine Salad Dressing	2 Fried Fish 3oz Macaroni & Cheese 1/2c Creamy Coleslaw 1/2c Banana 1ea Wheat Bun 2oz
2 Hamburger with tomato 3oz Baked Potato Wedges 1/2c Tossed Salad 1c Fresh Apple 1ea Wheat Bun Ketchup & Mustard	2 Garden Vegetable Soup 1c Chicken Salad Sandwich 2oz Potato Salad 1/2c Fresh Melon Cup 1/2c Wheat Bread 2sl Crackers (2ea)	2 Herbed Pork Cutlet 3oz Red Skin Mashed Potato 1/2c Glazed Baby Carrots 1/2c Ambrosia Salad 1/2c Wheat Roll & Margarine	3 Cheese Ravioli 1c (2oz cheese) Italian Vegetables 1/2c Garden Salad 1c Banana 1ea Wheat Roll & Margarine Salad Dressing	3 Oven Fried Chicken 3oz Corn on the Cob 1ea Steamed Spinach 1/2c Ice Cream 1/2c Wheat Roll

Master's Catering

To order meals call Town Hall at 812-364-6106



Providing Independent Living for People of all Ages
A member of the LifeSpan Alliance

EYE Health 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 fat & low sugar