

1-800-948-8330

NOVEMBER | 2021



Lifespan Resources (all meals served with ½ pint fresh milk)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Roast Turkey & Dressing California Medley Vegetables Oatmeal Cookie Wheat Bread	2 Spaghetti (1/2c) with Meatballs (3oz) Italian Beans 1/2c Pineapple 1/2c Wheat Bread 1sl	3 Chicken Florentine 3oz Cauliflower 1/2c Sweet Potatoes 1/2c Wheat Bread 1sl Tropical Fruit Cup	4 Beef Stew (2oz beef) Mashed Potatoes 1/2c Broccoli 1/2c Orange Cup 1/2c Wheat Bread 1sl	5 Scrambled Eggs with Ham 1cup Obrien Potatoes 1/2c Seasoned Spinach 1/2c Pineapple 1/2c
8 Ground Round Steak 3oz Roasted Potatoes 1/2c Brussels Sprouts 1/2c Wheat Bread 1sl Pears 1/2c	9 Baked Tilapia Filet 3oz Cheese Grits 1/2c Glazed Carrots 1/2c Wheat Bread 1sl Mandarin Oranges 1/2c	10 Beef Ravioli with Meat Sauce (2oz beef) Green Peas 1/2c Baby Carrots 1/2c	11 Turkey Chili (2oz turkey, 1 cup serving) Broccoli with Cheese sauce 1/2c Peaches 1/2c	12 Pulled Pork 3oz Mashed Potatoes 1/2c Green Beans 1/2c Wheat Bread 1sl Mandarin Oranges 1/2c
15 Fajita Chicken 3oz Black Beans 1/2c Brown Rice 1/2c Mixed Fruit 1/2c Wheat Bread 1sl	16 Teriyaki Beef 3oz Redskin Mashed Potato 1/2c Capri Vegetables 1/2c Pineapple 1/2c	17 Chicken Parmesan 3oz Penne Pasta 1/2c Broccoli 1/2c Wheat Bread 1sl Diced Pears 1/2c	18 Beef Steak 3oz Green Beans 1/2c Mashed Potato 1/2c Wheat Bread 1sl Mixed Fruit 1/2c	19 Shrimp Creole (2oz shrimp) Rice Pilaf 1/2c Broccoli 1/2c Apple Crisp 1/2c
22 Lemon Pepper Chicken 3oz Brown Rice 1/2c Buttered Carrots 1/2c Pineapple 1/2c	23 Beef Pot Roast (2oz) Potatoes & Onions 1/2c Peas & Carrots 1/2c Sliced Peaches 1/2c	24 Roast Pork 3oz Home Fries 1/2c Mixed Vegetables 1/2c Wheat Bread 1sl	25 CLOSED for Thanksgiving Day	26 CLOSED for Thanksgiving Holiday
29 Beef Stew Green Beans Sliced Apples Wheat Bread	30 Spaghetti with Meat Sauce Broccoli Florets Sliced Peaches	1 Hamburger Cheesy Potatoes Green Beans Wheat Bun	2 Smoked Pulled Pork Seasoned Black Beans Glazed Carrots Cole Slaw	3 Chicken Breast Caciatore Potato Wedges Summer Squash Oatmeal Cookie

Age 60+/Disabled

**Diabetes 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 sugar*