

1-800-948-8330

JANUARY | 2022

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

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

3 Ground Round Steak 3oz Roasted Potatoes 1/2c Brussels Sprouts 1/2c Wheat Bread 1sl Pears 1/2c	4 Baked Tilapia Filet 3oz Cheese Grits 1/2c Glazed Carrots 1/2c Wheat Bread 1sl Mandarin Oranges 1/2c	5 Beef Ravioli with Meatsauce (2oz beef) Green Peas 1/2c Baby Carrots 1/2c Wheat Bread 1sl	6 Turkey Chili (2oz turkey, 1 cup serving) Broccoli with Cheese sauce 1/2c Peaches 1/2c	7 Pulled Pork 3oz Mashed Potatoes 1/2c Green Beans 1/2c Wheat Bread 1sl
10 Fajita Chicken 3oz Black Beans 1/2c Brown Rice 1/2c Mixed Fruit 1/2c Wheat Bread 1sl	11 Teriyaki Beef 3oz Redskin Mashed Potato 1/2c Capri Vegetables 1/2c Pineapple 1/2c Wheat Bread 1sl	12 Chicken Parmesan 3oz Penne Pasta 1/2c Broccoli 1/2c Wheat Bread 1sl	13 Beef Steak 3oz Green Beans 1/2c Mashed Potato 1/2c Wheat Bread 1sl Mixed Fruit 1/2c	14 Shrimp Creole (2oz shrimp) Rice Pilaf 1/2c Broccoli 1/2c Apple Crisp 1/2c Wheat Bread 1sl
17 Closed Martin Luther King HOLIDAY	18 Beef Pot Roast (2oz) Potatoes & Onions 1/2c Peas & Carrots 1/2c Sliced Peaches 1/2c Wheat Bread 1sl	19 Roast Pork 3oz Home Fries 1/2c Mixed Vegetables 1/2c Wheat Bread 1sl Fruit Cup 1/2c	20 Meatloaf 3oz Mashed Potatoes 1/2c Broccoli 1/2c Diced Peaches 1/2c	21 Crispy Chicken Sweet Potatoes Spinach Pineapple Wheat Bread
24 Beef Stew Green Beans Sliced Apples Wheat Bread	25 Spaghetti with Meatsauce Broccoli Florets Sliced Peaches Wheat Bread	26 Hamburger Cheesy Potatoes Green Beans Wheat Bun Applesauce	27 Smoked Pulled Pork Seasoned Black Beans Glazed Carrots Cole Slaw Wheat Bread	28 Chicken Breast Caciore Potato Wedges Summer Squash Oatmeal Cookie Wheat Bread
31 Meatloaf Cauliflower Green Beans Pineapple Chunks Wheat Bread	1 Pepper Steak Brown Rice Capri Vegetables Cinnamon Apples Wheat Bread	2 Roast Turkey Cornbread Stuffing Buttered Carrots Tropical Fruit Wheat Bread	3 Fried Chicken Breast Cauliflower Rice Spinach Wheat Bread	4 Sweet & Sour Pork Brown Rice Pilaf Broccoli Florets Wheat Bread Pineapple

New Year's Health Resolutions

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 & low fat*