

1-800-948-8330

SEPTEMBER | 2022



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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
28 Brown Sugar Chicken Rice Pilaf Steamed Broccoli Bread/Margarine Mandarin Oranges Oatmeal Cookie	30 Crispy Chicken Sweet Potatoes Spinach Bread/Margarine Pineapple Cup Cookie	31 Beef Pot Roast Redskin Mashed Potato Green Beans Bread / Margarine Pear Cup Sugar Cookie	1 Roast Pork Loin Home Fries Mixed Vegetables Wheat Bread Chocolate Chip Cookie Applesauce	2 Meatloaf Mashed Potatoes Broccoli Wheat Bread Peach Cup
5 LABOR DAY Holiday CLOSED	6 Spaghetti with Meatsauce Broccoli Florets Baked Peaches Wheat Bread/ Margarine	7 Hamburger Cheesy Potatoes Green Beans Wheat Bun Applesauce Ketchup / Mustard	8 BBQ Pork Black Beans Brussels Sprouts Wheat Bun Mixed Fruit Cup	9 Chicken Cacciatore Herbed Pasta Buttered Carrots Bread / Margarine Oatmeal Cookie Pineapple Cup
12 Meatloaf Mashed Potatoes Green Beans Wheat Bread Pineapple Tidbits	13 Beef Pepper Steak Brown Rice Capri Vegetables Oatmeal Cookie Wheat Bread	14 Roast Turkey Sage Dressing Butter Carrots Wheat Bread / Margarine Mixed Fruit Cup	15 Fried Chicken Breast Dill Roasted Potatoes Buttered Spinach Bread / Margarine Fruit Gelatin	16 Sweet & Sour Pork Brown Rice Broccoli Florets Bread / Margarine Strawberry Applesauce
19 BBQ Chicken Potato Wedges Broccoli Florets Bread / Margarine Peach Cup Oatmeal Cookie	20 Meatloaf with Tomato Sauce Baby Lima Beans Mashed Redskin Potato Wheat Bread Mandarin Oranges	21 Chopped Beef Steak with Brown Gravy Sweet Potatoes Cabbage Wheat Bread Diced Pears	22 Turkey Sausage & Apples Lima Beans Riced Cauliflower Bread / Margarine Sugar Cookie	23 Chicken Stir Fry Rice Buttered Carrots Bread / Margarine Pineapple Cup
26 Chicken & Black Bean Chili Winter Vegetables Baked Pears Wheat Bread Cookie	27 Lasagna Sliced Carrots Broccoli & Peppers Bread / Margarine Mixed Fruit Cup Oatmeal Cookie	28 Salisbury Steak Mashed Potatoes Buttered Carrots Wheat Bread Mandarin Oranges	29 Sesame Chicken Brown Rice Oriental Vegetables Peaches with Granola Wheat Bread	30 Beefy Macaroni Casserole Spinach with Peppers Zucchini Wheat Bread Diced Pear Cup



Congregate Meal Site Mon -Fri
 Open to the Public
 Age 60+/Disabled
 \$2.50 Suggested Donation
 Order in Advance
 Reservations Required w/ Week Notice
 Hot Plate Lunch or Chef Salad
 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