

1-800-948-8330

# NOVEMBER | 2022



**Lifespan Resources** (all meals served with ½ pint Milk)

**MONDAY**

**TUESDAY**

**WEDNESDAY**

**THURSDAY**

**FRIDAY**



	<p><b>1</b> Spaghetti with Meatsauce Broccoli Florets Baked Peaches Wheat Bread/ Margarine</p>	<p><b>2</b> Hamburger Cheesy Potatoes Green Beans Wheat Bun Applesauce Ketchup / Mustard</p>	<p><b>3</b> BBQ Pork Black Beans Brussels Sprouts Wheat Bun Mixed Fruit Cup</p>	<p><b>4</b> Chicken Cacciatore Herbed Pasta Buttered Carrots Bread / Margarine Oatmeal Cookie Pineapple Cup</p>
<p><b>7</b> Meatloaf Mashed Potatoes Green Beans Wheat Bread Pineapple Tidbits</p>	<p><b>8</b> Beef Pepper Steak Brown Rice Capri Vegetables Oatmeal Cookie Wheat Bread</p>	<p><b>9</b> Roast Turkey Sage Dressing Butter Carrots Wheat Bread / Margarine Mixed Fruit Cup</p>	<p><b>10</b> Fried Chicken Breast Dill Roasted Potatoes Buttered Spinach Bread / Margarine Fruit Gelatin</p>	<p><b>11</b> Sweet &amp; Sour Pork Brown Rice Broccoli Florets Bread / Margarine Strawberry Applesauce</p>
<p><b>14</b> BBQ Chicken Potato Wedges Broccoli Florets Bread / Margarine Peach Cup Oatmeal Cookie</p>	<p><b>15</b> Meatloaf with Tomato Sauce Baby Lima Beans Mashed Redskin Potato Wheat Bread Mandarin Oranges</p>	<p><b>16</b> Chopped Beef Steak with Brown Gravy Sweet Potatoes Cabbage Wheat Bread Diced Pears</p>	<p><b>17</b> Turkey Sausage &amp; Apples Lima Beans Riced Cauliflower Bread / Margarine Sugar Cookie</p>	<p><b>18</b> Chicken Stir Fry Rice Buttered Carrots Bread / Margarine Pineapple Cup</p>
<p><b>21</b> Chicken &amp; Black Bean Chili Winter Vegetables Baked Pears Wheat Bread Cookie</p>	<p><b>22</b> Lasagna Sliced Carrots Broccoli &amp; Peppers Bread / Margarine Mixed Fruit Cup Oatmeal Cookie</p>	<p><b>23</b> Roast Turkey with Gravy Over Cornbread Stuffing Yams Green Beans Wheat Bread/margarine Mandarin Oranges</p>	<p><b>24</b> <i>Thanksgiving Day Closed</i></p>	<p><b>25</b> <i>Thanksgiving Holiday Closed</i></p>
<p><b>28</b> Sliced Turkey Mashed Sweet Potatoes California Medley Oatmeal Cookie Bread /Margarine</p>	<p><b>29</b> Spaghetti with Meatballs Italian Beans Peas &amp; Carrots Mixed Fruit Cup Wheat Bread</p>	<p><b>30</b> Chicken Florentine Herbed Pasta Steamed Broccoli Wheat Bread Pineapple Cup</p>	<p><b>1</b> Beef Stew Mashed Potatoes Broccoli Mandarin Orange Cup Bread/Margarine</p>	<p><b>2</b> Scrambled Eggs with Ham Pancakes Spinach Syrup Peach Cup</p>



**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*