

1-800-948-8330

OCTOBER | 2023



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

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

<p>2 Homemade Beef Stew Country Green Beans Apples with Raisins Wheat Bread & Margarine</p>	<p>3 Spaghetti with Meat sauce Broccoli Florets Baked Peaches Wheat Bread/ Margarine</p>	<p>4 Hamburger Cheesy Potatoes Green Beans Wheat Bun Applesauce Ketchup / Mustard</p>	<p>5 Smoked BBQ Pork Seasoned Black Beans Brussels Sprouts Wheat Bun Mixed Fruit Cup</p>	<p>6 Chicken Cacciatore Herbed Pasta Buttered Carrots Bread / Margarine Oatmeal Cookie Pineapple Cup</p>
<p>9 Meatloaf with Mushroom Gravy Mashed Potatoes Green Beans Wheat Bread Pineapples Tidbits</p>	<p>10 Beef Pepper Steak Brown Rice Capri Vegetables Oatmeal Cookie Wheat Bread</p>	<p>11 Roast Turkey Sage Dressing Butter Carrots Wheat Bread / Margarine Mixed Fruit Cup</p>	<p>12 Fried Chicken Breast Dill Roasted Potatoes Buttered Spinach Bread / Margarine Fruit Gelatin</p>	<p>13 Sweet & Sour Pork Brown Rice Broccoli Florets Bread / Margarine Strawberry Applesauce</p>
<p>16 BBQ Chicken Potato Wedges Broccoli Florets Bread / Margarine Peach Cup Oatmeal Cookie</p>	<p>17 Meatloaf with Tomato Sauce Baby Lima Beans Mashed Redskin Potato Wheat Bread Mandarin Oranges</p>	<p>18 Chopped Beef Steak with Brown Gravy Sweet Potatoes Cabbage Wheat Bread Diced Pears</p>	<p>19 Turkey Bolognese Whole Grain Pasta Sautéed Zucchini Bread/Margarine Sugar Cookie Applesauce</p>	<p>20 Chicken Stir Fry Rice Buttered Carrots Bread / Margarine Pineapple Cup</p>
<p>23 Chicken & Black Bean Chili Winter Vegetables Baked Pears Wheat Bread Cookie</p>	<p>24 Lasagna Sliced Carrots Broccoli & Peppers Bread / Margarine Mixed Fruit Cup Oatmeal Cookie</p>	<p>25 Salisbury Steak Mashed Potatoes Buttered Carrots Wheat Bread Mandarin Oranges</p>	<p>26 Sesame Chicken Brown Rice Oriental Vegetables Wheat Bread Baked Peaches with Granola</p>	<p>27 Beefy Macaroni Spinach & Peppers Zucchini Wheat Bread Diced Pears</p>
<p>30 Sliced Turkey Mashed Sweet Potatoes California Medley Oatmeal Cookie Bread /Margarine</p>	<p>31 Spaghetti with Meatballs Italian Beans Peas & Carrots Mixed Fruit Cup Wheat Bread</p>	<p>1</p>	<p>2</p>	<p>3</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