

1-800-948-8330

JANUARY | 2024

Lifespan Resources (all meals include ½ pint milk)

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

1 Closed	2 Turkey Tetrizzini Lima Beans Spiced Peaches Bread / Margarine Milk	3 Italian Meatloaf Red Skin Mashed Potato Broccoli & Cheese Oatmeal Cookie Bread Strawberry Applesauce	4 Citrus Chicken Breast Brown Rice & Zucchini Dilled Carrots Bread Tropical Fruit Cup Milk	5 Home Made Pot Roast Mashed Potatoes Green beans Choc Chip Oatmeal bar Diced Pear Cup Milk
8 BBQ Pulled Pork Whole Grain Bun Seasoned Black Beans Brussels Sprouts Mixed Fruit Cup Milk	9 Cheeseburger Whole Grain Bun Roasted Potato Wedges Southern Green Beans Applesauce Cup & Milk	10 Spaghetti & Meatsauce Broccoli Florets Baked Peaches Bread & Margarine Milk	11 Beef Sew Green Beans Almondine Sliced Apples & Raisins Bread & Margarine Oatmeal Cookie & Milk	12 Dijon Chicken Rice Pilaf Seasoned Spinach Bread & Margarine Mandarin Orange Cup Milk
15 Closed	16 Sweet & Sour Pork Fried Rice Broccoli & Cheese Strawberry Applesauce Milk	17 Cubed Beef Steak Au gratin Potatoes Green Peas Bread Mandarin Orange Cup Milk	18 Chicken Meatballs & Gravy Sweet Potato Wedges Garlic & Herb Broccoli Pineapple Cup Milk	19 Florentine Chicken Fettuccine with Fresh Vegetables Bread & margarine Strawberry Applesauce Milk
22 Turkey Bolognese Spaghetti Noodles Butternut Squash Bread & Margarine Sugar Cookie Milk	23 Asian Chicken & Broccoli Fried Rice Corn & Edamame Blend Pineapple Cup & Milk	24 Meatloaf Red Skin Mashed Potato Stewed Tomatoes Bread Mandarin Orange Cup & Milk	25 BBQ Chicken Breast Roasted Potato Medley Green Bean Casserole Bread & Butter Peach Cup Milk	26 Salisbury Steak with Mushroom Gravy Mashed Potatoes Red Cabbage Bread & Margarine Diced Pear Cup Milk
29 Pork Burrito Bowl Bread & Margarine Mandarin Orange Cup Milk	30 Swiss Steak Macaroni & Cheese Carrots Bread Mandarin Orange Cup Milk	31 Beefy Macaroni Casserole Spinach & Peppers Zucchini Bread Peach Cup Milk	1 White Chicken Chili Winter Blend Vegetables Bread & Margarine Diced Pear Cup Oatmeal Cookie & Milk	2 Lasagna Caribbean Blend Whole Grain Bread Oatmeal Cookie Mixed Fruit Cup Milk



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*