



MARCH | 2024

1-800-948-8330

Lifespan Resources (all meals include ½ pint milk)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
26	27	28	29	1 Home Made Pot Roast Mashed Potatoes Green beans Choc Chip Oatmeal bar Diced Pear Cup Milk
4 BBQ Pulled Pork Whole Grain Bun Seasoned Black Beans Brussels Sprouts Mixed Fruit Cup Milk	5 Spaghetti & Meatsauce Broccoli Florets Baked Peaches Bread & Margarine Milk	6 Cheeseburger Whole Grain Bun Roasted Potato Wedges Southern Green Beans Applesauce Cup Milk	7 Dijon Chicken Rice Pilaf Seasoned Spinach Bread & Margarine Mandarin Orange Cup Milk	8 Beef Sew Green Beans Almondine Sliced Apples & Raisins Bread & Margarine Oatmeal Cookie Milk
11 Sweet & Sour Pork Fried Rice Broccoli & Cheese Strawberry Applesauce Milk	12 Cubed Beef Steak Augratin Potatoes Green Peas Bread Mandarin Orange Cup Milk	13 Florentine Chicken Fettuccine with Fresh Vegetables Bread & margarine Strawberry Applesauce Milk	14 Oven Fried Chicken with Cream Gravy Seasoned Beans Baked Peaches Bread & Margarine Milk	15 Chicken Meatballs & Gravy Sweet Potato Wedges Garlic & Herb Broccoli Pineapple Cup Milk
18 Asian Chicken & Broccoli Fried Rice Corn & Edamame Blend Pineapple Cup Milk	19 BBQ Chicken Breast Roasted Potato Medley Green Bean Casserole Bread & Butter Peach Cup Milk	20 Jamaican Pork Key West Vegetables Roasted Root Vegetables (Sweet potato, parsnips, red onion) Corn Bread Pineapple	21 Turkey Bolognese Spaghetti Noodles Butternut Squash Bread & Margarine Sugar Cookie Milk	22 Meatloaf Red Skin Mashed Potato Stewed Tomatoes Bread Mandarin Orange Cup Milk
25 Swiss Steak Macaroni & Cheese Carrots Bread Mandarin Orange Cup Milk	26 Macaroni Casserole Spinach & Peppers Zucchini Bread Peach Cup Milk	27 Lasagna Caribbean Blend Whole Grain Bread Oatmeal Cookie Mixed Fruit Cup Milk	28 Pork Burrito Bowl Bread & Margarine Mandarin Orange Cup Milk	29 Closed



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*