

1-800-948-8330

# APRIL | 2024



## Lifespan Resources *(all meals include ½ pint milk)*

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>1</b> Spaghetti &amp; Meatballs Italian Green Beans Peas &amp; Carrots Bread Mixed Fruit Cup Milk</p>	<p><b>2</b> Bourbon Braised Beef Tips Egg Noodles Broccoli &amp; Cheese Peach Crisp Milk</p>	<p><b>3</b> Roast Turkey Breast Mashed Sweet Potatoes California Blend Veggies Corn Muffin Mandarin Orange Cup Milk</p>	<p><b>4</b> Pizza Casserole Lemon Dill Lima Beans Cinnamon Apples Bread &amp; Margarine Milk</p>	<p><b>5</b> Chicken Tenders Black Beans &amp; Corn Broccoli Florets Bread &amp; Margarine Mandarin Orange Cup Milk</p>
<p><b>8</b> Beef Ravioli Marinara Peas &amp; Carrots Bread Mixed Fruit Cup Lorna Doones Cookie Milk</p>	<p><b>9</b> Southern Chicken Pot Pie Winter Blend Vegetables Peach Cup Oatmeal Cookie &amp; Milk</p>	<p><b>10</b> BBQ Pulled Pork / Bun Mashed Potatoes Green Beans Mandarin Orange Cup Shortbread Cookie Milk</p>	<p><b>11</b> Hearty Turkey Chili Broccoli &amp; Cheese Baked Peaches Bread &amp; Margarine Milk</p>	<p><b>12</b> Cheeseburger Roasted Potatoes Brussels Sprouts Hamburger Bun Mandarin Orange cup Milk</p>
<p><b>15</b> Hearty Chili with Beans Skin on Fries Bread &amp; Margarine Mixed Fruit Cup Milk</p>	<p><b>16</b> Chicken Burrito Bowl (Cilantro Lime Rice, Seasoned Black Beans, Fajita Vegetables) Mixed Fruit Cup Milk</p>	<p><b>17</b> Smothered Beef Steak Green Beans Roasted Red Potatoes Mixed Fruit Cup Milk</p>	<p><b>18</b> Grilled Chicken Sandwich Roasted Potato Wedges Cinnamon Apples Bun &amp; Mayonnaise Milk</p>	<p><b>19</b> Beef Tips &amp; Mushrooms Italian White Beans Carrots Pineapple Cup Bread &amp; Milk</p>
<p><b>22</b> Pork &amp; Green Chile Stew Home Fried Potatoes Bread Lemon Snack Bar Milk</p>	<p><b>23</b> Turkey Tetrazzini Lima Beans Spiced Peaches Bread / Margarine Milk</p>	<p><b>24</b> Italian Meatloaf Red Skin Mashed Potato Broccoli &amp; Cheese Oatmeal Cookie &amp; Bread Strawberry Applesauce</p>	<p><b>25</b> Home Made Pot Roast Mashed Potatoes Green beans Choc Chip Oatmeal bar Diced Pear Cup Milk</p>	<p><b>26</b> Citrus Chicken Breast Brown Rice &amp; Zucchini Dilled Carrots Bread Tropical Fruit Cup Milk</p>
<p><b>29</b> Cheeseburger Whole Grain Bun Roasted Potato Wedges Southern Green Beans Applesauce Cup Milk</p>	<p><b>30</b> Dijon Chicken Rice Pilaf Seasoned Spinach Bread &amp; Margarine Mandarin Orange Cup Milk</p>	<p><b>1</b></p>	<p><b>2</b></p>	<p><b>3</b></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*