

1-800-948-8330

MAY | 2024



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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
29	30	1 Spaghetti & Meat sauce Broccoli Florets Baked Peaches Bread & Margarine Milk	2 Beef Sew Green Beans Almandine Sliced Apples & Raisins Bread & Margarine Oatmeal Cookie & Milk	3
6 BBQ Pulled Pork Whole Grain Bun Seasoned Black Beans Brussels Sprouts Mixed Fruit Cup Milk	7 Florentine Chicken Fettuccine with Fresh Vegetables Bread & margarine Strawberry Applesauce Milk	8 Oven Fried Chicken with Cream Gravy Seasoned Beans Baked Peaches Bread & Margarine Milk	9 Chicken Meatballs & Gravy Sweet Potato Wedges Garlic & Herb Broccoli Pineapple Cup Milk	10 Cubed Beef Steak Au gratin Potatoes Green Peas Bread Mandarin Orange Cup Milk
13 Sweet & Sour Pork Fried Rice Broccoli & Cheese Strawberry Applesauce Milk	14 Salisbury steak with Mushroom Gravy Mashed Potatoes Red Cabbage Bread & Margarine Diced Pear Cup & Milk	15 Meatloaf Red Skin Mashed Potato Stewed Tomatoes Bread Mandarin Orange & Milk	16 BBQ Chicken Breast Roasted Potato Medley Green Bean Casserole Bread & Butter Peach Cup Milk	17 Turkey Bolognese Spaghetti Noodles Butternut Squash Bread & Margarine Sugar Cookie Milk
20 Asian Chicken & Broccoli Fried Rice Corn & Edamame Blend Pineapple Cup & Milk	21 Macaroni Casserole Spinach & Peppers Zucchini Bread Peach Cup & Milk	22 Pork Burrito Bowl Bread & Margarine Mandarin Orange Cup Milk	23 White Chicken Chili Winter Blend Veggies Bread & Margarine Diced Pear Cup Oatmeal Cookie Milk	24 Swiss Steak Macaroni & Cheese Carrots Bread Mandarin Orange Cup Milk
27 CLOSED	28 Lasagna Caribbean Blend Whole Grain Bread Oatmeal Cookie Mixed Fruit Cup Milk	29 Roast Turkey Breast Mashed Sweet Potatoes California Blend Veggies Corn Muffin Mandarin Orange & Milk	30 Pizza Casserole Lemon Dill Lima Beans Cinnamon Apples Bread & Margarine Milk	31 Spaghetti & Meatballs Italian Green Beans Peas & Carrots Bread 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*