

SEPTEMBER | 2019



LifeSpan Resources (all meals served with ½ pint milk) 1-800-948-8930

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 CLOSED LABOR DAY	3 Cheeseburger 3oz French Fries 1/2c Cabbage Slaw 1/2c Fruit Medley 1/2c Bun / Ketchup	4 Chicken (2oz) & Dumplings(1cup serving) Mixed Vegetables 1/2c Garden Salad 1c Pineapple Pudding 1/2c Wheat Bread / margarine	5 Fried Fish Filet (3oz) Corn Casserole 1/2c Seasoned Spinach 1/2c Citrus Fruit Cup 1/2c Wheat Bread 1sl Tartar Sauce	6 Pork Cutlet (3oz) with Mushroom Gravy Red Potatoes 1/2c Broccoli Florets 1/2c Caramel Cake 1sl Wheat Roll/ Margarine
9 Turkey (2oz) Sandwich Creamy Potato Soup 1c Southwest Slaw 1/2c Gelatin Cake 1sl Wheat Bread 2sl	10 Roast Beef (3oz) brown gravy Mashed Potatoes 1/2c Buttered Carrots 1/2c Chilled Pineapple 1/2c Wheat Roll / Margarine	11 Macaroni & Cheese Pie (1c) Seasoned Spinach 1/2c Fruit Medley 1/2c Oatmeal Cookie 1 Wheat Bread/ Margarine	12 Chicken & Broccoli Casserole 5oz Parslied Rice ½ c Citrus Fruit Cup 1/2c Wheat Roll / Margarine	13 Hearty Chili 1c Mixed Green Salad 1c Mixed Fruit Cup 1/2c Gelatin Whip 1/2c Corn Muffin 1 Salad Dressing
16 Ham (2oz) & Beans 1c Fried Potatoes& Onions 1/2c Seasoned Greens 1/2c Cinnamon Applesauce 1/2c Wheat Bread/Margarine	17 Breaded Chicken Filet 3oz with gravy Baked Potato 1 ea Succotash 1/2c Harvest Fruit Cup 1/2c Wheat Roll / Sour Cream	18 Spaghetti ½ c Meatballs (2- 1oz) Broccoli Florets 1/2c Garden Salad 1c Wheat Roll / Salad Dressing Ice Cream 1/2c	19 Dijon Pork Cutlet (3oz) Hash Browns 1/2c Green Beans 1/2c Wheat Roll / Margarine Chilled Pineapple 1/2c	20 Blackened Chicken 3oz Rice Pilaf 1/2c Brussels sprouts 1/2c Tapioca Pudding 1/2c Wheat Roll / Margarine
23 Meatloaf 3oz Red Potatoes 1/2c Mixed Vegetables ½ c Fruit Parfait 1/2c Wheat Roll / Margarine	24 Sicilian Chicken Casserole 6oz portion (2oz chicken) Green Beans 1/2c Vanilla Pudding Parfait 1/2c Wheat Roll / Margarine	25 BBQ Pork Cutlet 3oz Mashed Potatoes 1/2c Baby Lima Beans 1/2c Fruit Medley 1/2c Wheat Bread	26 Cranberry Glazed Turkey (3oz) White Rice 1/2c Broccoli Florets 1/2c Apple Crisp 1/2c Wheat Roll	27 Homemade Beef Stew 1c (2oz beef, 1/2c veg) Romaine Salad Chilled Pineapple 1/2c Sugar Cookie 1 Italian Dressing
30 Baked Herb Chicken(3oz) Parmesan Potatoes 1/2c Seasoned Spinach 1/2c Chilled Peaches 1/2c Wheat Roll / Margarine	Back To School!!	2	3	4



Falls Prevention Awareness Month

Monday thru Friday
Open to the Public
Age 60+/Disabled

\$2.50 Donation
Reservation
Required
Hot Plate Lunch or
Chef Salad
Order in Advance

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