



AUGUST | 2017

LifeSpan Resources Congregate Meal Site Menu

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|--|--|--|---|---|--|--|
| | | 1 Stuffed Shells (2-2.5oz) Italian Green Beans 1/2c Spinach Salad 1c French dressing Fruited Gelatin 1/2c 1% Milk 1/2p | 2 Chicken tenders (2- 1.5oz) BBQ Sauce (12gm) Macaroni & Cheese 1/2c Broccoli 1/2c Roll/Margarine Cinnamon Applesauce 1/2c 1% Milk 1/2p | 3 Sweet & Sour Pork 3oz White Rice 1/2c Vegetable Medley 1/2c Roll/Margarine Sherbet 1/2c 1% Milk 1/2p | 4 Taco Salad(3oz taco meat, 1/2c shredded lettuce with tomatoes & cheese tortilla chips, taco sauce) Mexican Corn 1/2c Gelatin Whip 1/2c Banana 1med 1% Milk 1/2p | 5 <i>Hot Plate Lunch Or Chef Salad: (Order in advance)</i> |
| | 6 | 7 BBQ Chicken 3oz Hash Browns 1/2c Capri Vegetables 1/2c Roll/Margarine Fresh Watermelon 1/2c 1% Milk 1/2p | 8 Stuffed Green Pepper (3oz ground Beef, 2oz rice) Buttered Corn 1/2c Tossed Salad 1c Salad Dressing Roll/margarine Very Berry Fruit Cup 1/2c 1% Milk 1/2p | 9 Western Omelet 3oz Fried potatoes w onion 1/2c Seasoned Spinach 1/2c Wheat Bread/Margarine Banana 1med 1% Milk 1/2p | 10 Turkey (2oz) Rice Casserole (6oz portion) Broccoli 1/2c Pineapple 1/2c Roll/Margarine Angel Food Cake 1/2c 1% Milk 1/2c | 11 Fried Fish 3oz Macaroni & Cheese 1/2c Creamy Coleslaw 1/2c Banana 1med Wheat Bun 2oz 1% Milk 1/2p |
| 13 | 14 Hamburger 3oz Red Potato Wedges 1/2c Tossed Salad 1c Fresh Apple 1 med Wheat Bun (2oz) Ranch Dressing, Mustard, Ketchup 1% Milk 1/2p | 15 Vegetable Soup 1c Chicken Salad 1/2c Potato Salad 1/2c Fresh Melon 1/2c Crackers (4) 1% Milk 1/2p | 16 Roast Pork & Gravy 3oz Red Mashed Potato 1/2c Glazed Carrots 1/2c Roll/Margarine Ambrosia 1/2c 1% Milk 1/2p | 17 Cheese Ravioli 1/2c Italian Vegetables 1/2c Garden Salad 1c Banana 1med Salad Dressing Roll/ Margarine 1% Milk 1/2p | 18 Oven Fried Chicken 3oz Corn on the Cob 1/2c Spinach 1/2c Roll / Margarine Ice Cream 1/2c 1% Milk 1/2p | 19 Guidelines for Americans. Meals are planned to insure low salt, fat and |
| 20 <i>Monday-Friday Open to the Public Age 60+/Disabled \$2.50 Donation</i> | 21 BBQ Pork 3oz Chuckwagon Corn 1/2c Spinach Salad 1c Fresh melon 1/2c Salad Dressing 1% milk 1/2p | 22 Herb Baked Chicken (3oz) Rice Pilaf 1/2c Broccoli & Cauliflower 1/2c Roll/ Margarine Banana Pudding 1/2c 1% Milk | 23 Tomato Vegetable Soup 1c Tuna Salad 1/2c Potato Salad 1/2c Fruit Salad 1/2c Oatmeal Cookie 1 Crackers 2 1% Milk 1/2c | 24 Meatloaf 3oz Red Potatoes 1/2c Green Beans 1/2c Roll/ Margarine Orange Pineapple Medley 1/2c 1% Milk 1/2c | 25 Honey Mustard Chicken 3oz Mashed Potatoes 1/2c Collard Greens 1/2c Roll/Margarine Ice Cream 1/2c 1% Milk 1/2p | 26 sugar. |
| 27 <i>Registration Required</i> | 28 Pork Tips (3oz) & Gravy Parslied Rice 1/2c Broccoli 1/2c Roll/Margarine Fruit Medley 1/2c 1% Milk 1/2p | 29 Lasagna Casserole 1/2c Italian Vegetables 1/2c Tossed Salad 1c Salad Dressing Breadstick/Margarine Ice Cream 1/2c 1% Milk 1/2c | 30 Mandarin Chicken Salad 4oz Macaroni Salad 1/2c Tomato Wedges 1/2c Dinner Roll/Margarine Angel Food Cake 1/2c 1% Milk 1/2p | 31 Roast Turkey 3oz Whipped Sweet Potatoes 1/2c Green Beans 1/2c Roll/Margarine Fruit parfait 1/2c 1% Milk 1/2p | | |