


JULY | 2018

Lifespan Resources (all meals served with 1/2 pint of 1% milk) 800-948-8330

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 <p>2 Sloppy Joe Sandwich 2oz Baked Potato Wedges 1/2c Summer Coleslaw 1/2c Ice Cream 1/2c Wheat Bun. Ketchup</p>	<p>3 Chicken Tenders 2ea(3oztotal) BBQ Sauce Macaroni & Cheese 1/2c Broccoli 1/2c Cinnamon Applesauce 1/2c Wheat Roll & Margarine</p>	<p>4 4th of July Holiday! All Sites CLOSED</p>	<p>5 Sweet & Sour Pork 3/4c Fluffy White Rice 1/2c Vegetable Medley 1/2c Sherbet 1/2c Wheat Roll & Margarine</p>	 <p>6 Taco Salad (2oz meat, 1/2c shredded lettuce, 1/4 c diced tomatoes, 1/4c shredded cheese, taco sauce) Mexican Corn 1/2c Gelatin Whip 1/2c Banana 1ea Tortilla Chips 1bag</p>
<p>9 Pork Tips & Gravy 3oz) Parsiled Rice 1/2c Broccoli Florets 1/2c Fruit Medley 1/2c Wheat Roll & Margarine</p>	<p>10 Sagna Casserole 1 c Italian Vegetables 1/2c Toss Salad 1c Banana 1ea Italian Bread Margarine & Dressing</p>	<p>11 Mandarin Chicken Salad 3/4 c Macaroni Salad 1/2c Tomato Wedges 4ea Angel Food Cake 1sl Wheat Roll</p>	<p>12 Turkey & Rice Casserole 1c Collard Greens 1/2c Chilled Pineapple 1/2c Chilled Pudding with Topping 1/2c Wheat Roll & Margarine</p>	<p>13 Salisbury Steak with Mushroom Gravy 3oz Baked Potato 1/2c Peas & Carrots 1/2c Snickerdoodle Cookie 1ea Sour Cream</p>
<p>16 Mediterranean Vege Soup 1c Cheddar Cheese & Peaches 1/2c Spinach Salad 1c Oatmeal Cookie 1ea Salad Dressing Crackers (4ea)</p>	<p>17 BBQ Chicken 3oz Hash Brown Potatoes 1/2c Capri Vegetables 1/2c Watermelon 1c Wheat Roll & Margarine</p>	<p>18 Roast Turkey & Gravy 3oz Mashed Sweet Potatoes 1/2c Green Beans 1/2c Fruit Parfait 1/2c Wheat Roll & Margarine</p>	<p>19 Stuffed Green Pepper (2ozbeef) Buttered Corn 1/2c Tossed Salad 1c Berry Fruit Cup 1/2c Wheat Roll & Margarine Salad Dressing</p>	<p>20 Fried Fish 3oz Macaroni & Cheese 1/2c Creamy Coleslaw 1/2c Banana 1ea Wheat Bun 2oz</p>
<p>23 Hamburger with tomato 3oz Baked Potato Wedges 1.2c Tossed Salad 1c Fresh Apple 1ea Wheat Bun Ketchup & Mustard</p>	<p>24 Garden Vegetable Soup 1c Chicken Salad Sandwich 2oz Potato Salad 1/2c Fresh Melon Cup 1/2c Wheat Bread 2sl Crackers (2ea)</p>	<p>25 Roasted Pork Cutlet 3oz Red Skin Mashed Potato 1/2c Glazed Baby Carrots 1/2c Ambrosia Salad 1/2c Wheat Roll & Margarine</p>	<p>26 Cheese Ravioli 1c (2oz cheese) Italian Vegetables 1/2c Garden Salad 1c Banana 1ea Wheat Roll & Margarine Salad Dressing</p>	<p>27 Oven Fried Chicken 3oz Corn on the Cob 1ea Steamed Spinach 1/2c Ice Cream 1/2c Wheat Roll</p>
<p>30 BBQ Pork Sandwich 3cz Chuckwagon Corn 1/2c Spinach Salad 1c Fresh Melon Cup 1/2c Wheat Bun Salad Dressing</p>	<p>31 Baked Chicken 3oz Rice Pilaf 1/2c Broccoli & Cauliflower 1/2c Banana Pudding 1/2c Wheat Roll & Margarine</p>			



Be Aware of Symptoms of
HEAT Exhaustion

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 fat & low sugar*