

JULY | 2017

LifeSpan Resources Congregate Meal Site Menu

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		 SITES CLOSED FOR INDEPENDENCE DAY				1 Hot Plate Lunch Or Chef Salad; (order in advance)
2	3 BBQ Chicken 3oz Hash Browns 1/2c Capri Vegetables 1/2c Roll/Margarine Fresh Watermelon 1/2c 1% Milk 1/2p	4	5 Western Omelet 3oz Fried potatoes w onion 1/2c Seasoned Spinach 1/2c Wheat Bread/Margarine Banana 1med 1% Milk	6 Turkey (2oz) Rice Casserole (6oz portion) Broccoli 1/2c Pineapple 1/2c Roll/Margarine Angel Food Cake 1/2c 1% Milk 1/2c	7 Fried Fish 3oz Macaroni & Cheese 1/2c Creamy Coleslaw 1/2c Banana 1med Wheat Bun 2oz 1% Milk 1/2p	
9	10 Hamburger 3oz Red Potato Wedges 1/2c Tossed Salad 1c Fresh Apple 1 med Wheat Bun (2oz) Dressing, Mustard, ketchup 1% Milk 1/2p	11 Vegetable Soup 1c Chicken Salad 1/2c Potato Salad 1/2c Fresh Melon 1/2c Crackers (4) 1% Milk 1/2p	12 Roast Pork & Gravy 3oz Red Mashed Potato 1/2c Glazed Carrots 1/2c Roll/Margarine Ambrosia 1/2c 1% Milk 1/2p	13 Cheese Ravioli 1/2c Italian Vegetables 1/2c Garden Salad 1c Banana 1med Salad Dressing Roll/ Margarine 1% Milk 1/2p	14 Oven Fried Chicken 3oz Corn on the Cob 1/2c Spinach 1/2c Roll / Margarine Ice Cream 1% Milk 1/2p	15
16 All Meals meet 1/3 of the US RDA established by The Dietary Guidelines for Americans. Meals are	17 BBQ Pork 3oz Chuckwagon Corn 1/2c Spinach Salad 1c Fresh melon 1/2c Salad Dressing 1% milk 1/2p	18 Herb Baked Chicken (3oz) Rice Pilaf 1/2c Broccoli & Cauliflower 1/2c Roll/ Margarine Banana Pudding 1/2c 1% Milk	19 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	20 Meatloaf 3oz Red Potatoes 1/2c Green Beans 1/2c Roll/ Margarine Orange Pineapple Medley 1/2c 1% Milk 1/2c	21 Honey Mustard Chicken 3oz Mashed Potatoes 1/2c Collard Greens 1/2c Roll/Margarine Ice Cream 1/2c 1% Milk 1/2p	22
23 The Dietary Guidelines for Americans. Meals are	24 Pork Tips (3oz) & Gravy Parslied Rice 1/2c Broccoli 1/2c Roll/Margarine Fruit Medley 1/2c 1% Milk 1/2p	25 Lasagna Casserole 1/2c Italian Vegetables 1/2c Tossed Salad 1c Salad Dressing Breadstick/Margarine Ice Cream 1/2c 1% Milk 1/2c	26 Mandarin Chicken Salad 4oz Macaroni Salad 1/2c Tomato Wedges 1/2c Dinner Roll/Margarine Angel Food Cake 1/2c 1% Milk 1/2p	27 Roast Turkey 3oz Whipped Sweet Potatoes 1/2c Green Beans 1/2c Roll/Margarine Fruit parfait 1/2c 1% Milk 1/2p	28 Salisbury Steak 3oz With mushroom gravy Baked Potato 1/2c Peas & Carrots 1/2c Roll Snickerdoodle Cookie 1 Sour Cream 1% Milk 1/2p	29
30 planned to insure low salt, fat and sugar	31 Sloppy Joe 3oz Potato Wedges 1/2c Summer Coleslaw 1/2c Ice Cream 1/2c Wheat Bun (2oz) Ketchup (12gm) 1% Milk 1/2p					