

# JUNE | 2017



## LifeSpan Resources Congregate Meal Site Menu

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p><i>Monday-Friday Open to the Public Age 60+/Disabled \$2.50 Donation Registration Required</i></p>				<p><b>1</b> Turkey (2oz) Rice Casserole (6oz portion) Broccoli 1/2c Pineapple 1/2c Roll/Margarine Angel Food Cake 1/2c 1% Milk 1/2c</p>	<p><b>2</b> Fried Fish 3oz Macaroni &amp; Cheese 1/2c Creamy Coleslaw 1/2c Banana 1med Wheat Bun 2oz 1% Milk 1/2p</p>	<p><b>3</b> <i>Hot Plate Lunch Or Chef Salad; (order in advance)</i></p>
<p><b>4</b></p>	<p><b>5</b> 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</p>	<p><b>6</b> Vegetable Soup 1c Chicken Salad 1/2c Potato Salad 1/2c Fresh Melon 1/2c Crackers (4) 1% Milk 1/2p</p>	<p><b>7</b> Roast Pork &amp; Gravy 3oz Red Mashed Potato 1/2c Glazed Carrots 1/2c Roll/Margarine Ambrosia 1/2c 1% Milk 1/2p</p>	<p><b>8</b> Cheese Ravioli 1/2c Italian Vegetables 1/2c Garden Salad 1c Banana 1med Salad Dressing Roll/ Margarine 1% Milk 1/2p</p>	<p><b>9</b> Oven Fried Chicken 3oz Corn on the Cob 1/2c Spinach 1/2c Roll / Margarine Ice Cream 1/2c 1% Milk 1/2p</p>	<p><b>10</b></p>
<p><b>11</b></p>	<p><b>12</b> BBQ Pork 3oz Chuckwagon Corn 1/2c Spinach Salad 1c Fresh melon 1/2c Salad Dressing Wheat Bun 1% milk 1/2p</p>	<p><b>13</b> Herb Baked Chicken (3oz) Rice Pilaf 1/2c Broccoli &amp; Cauliflower 1/2c Roll/ Margarine Banana Pudding 1/2c 1% Milk 1/2p</p>	<p><b>14</b> 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</p>	<p><b>15</b> Meatloaf 3oz Red Potatoes 1/2c Green Beans 1/2c Roll/ Margarine Orange Pineapple Medley 1/2c 1% Milk 1/2c</p>	<p><b>16</b> Honey Mustard Chicken 3oz Mashed Potatoes 1/2c Collard Greens 1/2c Roll/Margarine Ice Cream 1/2c 1% Milk 1/2p</p>	<p><b>17</b></p>
<p><b>18</b> <i>All Meals meet 1/3 of the US RDA established by The Dietary Guidelines for Americans. Meals are planned to insure low salt, fat and sugar.</i></p>	<p><b>19</b> Pork Tips (3oz) &amp; Gravy Parslied Rice 1/2c Broccoli 1/2c Roll/Margarine Fruit Medley 1/2c 1% Milk 1/2p</p>	<p><b>20</b> Lasagna Casserole 1/2c Italian Vegetables 1/2c Tossed Salad 1c Salad Dressing Breadstick/Margarine Ice Cream 1/2c 1% Milk 1/2c</p>	<p><b>21</b> Mandarin Chicken Salad 4oz Macaroni Salad 1/2c Tomato Wedges 1/2c Dinner Roll/Margarine Angel Food Cake 1/2c 1% Milk 1/2p</p>	<p><b>22</b> Roast Turkey 3oz Whipped Sweet Potatoes 1/2c Green Beans 1/2c Roll/Margarine Fruit parfait 1/2c 1% Milk 1/2p</p>	<p><b>23</b> Salisbury steak 3oz With mushroom gravy Baked Potato 1/2c Peas &amp; Carrots 1/2c Roll Snickerdoodle Cookie 1 Sour Cream 1% Milk 1/2p</p>	<p><b>24</b></p>
<p><b>25</b></p>	<p><b>26</b> Sloppy Joe 3oz Potato Wedges 1/2c Summer Coleslaw 1/2c Ice Cream 1/2c Wheat Bun (2oz) Ketchup (12gm) 1% Milk 1/2p</p>	<p><b>27</b> Stuffed Shells (2-2.5oz) Italian Green Beans 1/2c Spinach Salad 1c French dressing Fruited Gelatin 1/2c 1% Milk 1/2p</p>	<p><b>28</b> Chicken tenders (2- 1.5oz) BBQ Sauce (12gm) Macaroni &amp; Cheese 1/2c Broccoli 1/2c Roll/Margarine Cinnamon Applesauce 1/2c 1% Milk 1/2p</p>	<p><b>29</b> Sweet &amp; Sour Pork 3oz White Rice 1/2c Vegetable Medley 1/2c Roll/Margarine Sherbet 1/2c 1% Milk 1/2p</p>	<p><b>30</b> Taco Salad (3oz taco meat, 1/2c shredded lettuce with tomatoes &amp; cheese tortilla chips, taco sauce) Mexican Corn 1/2c Gelatin Whip 1/2c Banana 1med 1% Milk 1/2p</p>	