



JUNE | 2018

1-800-948-8330

Lifespan Resources (All meals served with 1/2 pint of 1% milk)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 Taco Salad (2oz meat, 1/2c shred lettuce, 1/4 c diced tomatoes, 1/4 c shredded cheese, taco sauce) Mexican Corn 1/2c Gelatin Whip 1/2c Banana 1ea Tortilla Chips 1bag
4 Pork Tips & Gravy 3oz Parslied Rice 1/2c Broccoli Florets 1/2c Fruit Medley 1/2c Wheat Roll & Margarine	5 Lasagna Casserole 1c Italian Vegetables 1/2c Toss Salad 1c Banana 1ea Italian Bread Margarine & Dressing	6 Mandarin Chicken Salad 1/4c Macaroni Salad 1/2c Tomato Wedges 4ea Angel Food Cake 1sl Wheat Roll	7 Turkey & Rice Casserole 1c Collard Greens 1/2c Chilled Pineapple 1/2c Chilled Pudding with Topping 1/2c Wheat Roll & Margarine	8 Salisbury Steak with Mushroom Gravy 3oz Baked Potato 1/2c Peas & Carrots 1/2c Snickerdoodle Cookie 1ea Sour Cream
11 Mediterranean Vegetable Soup 1c Cottage Cheese & Peaches 1/2c Spinach Salad 1c Oatmeal Cookie 1ea Salad Dressing Crackers (4ea)	12 BBQ Chicken 3oz Hash Brown Potatoes 1/2c Capri Vegetables 1/2c Watermelon 1c Wheat Roll & Margarine	13 Roast Turkey & Gravy 3oz Mashed Sweet Potatoes 1/2c Green Beans 1/2c Fruit Parfait 1/2c Wheat Roll & Margarine	14 Stuffed Green Pepper (2ozbeef) Buttered Corn 1/2c Tossed Salad 1c Berry Fruit Cup 1/2c Wheat Roll & Margarine Salad Dressing	15 Fried Fish 3oz Macaroni & Cheese 1/2c Creamy Coleslaw 1/2c Banana 1ea Wheat Bun 2oz
18 Hamburger with tomato 3oz Baked Potato Wedges 1/2c Tossed Salad 1c Fresh Apple 1ea Wheat Bun Ketchup & Mustard	19 Garden Vegetable Soup 1c Chicken Salad Sandwich 2oz Potato Salad 1/2c Fresh Melon Cup 1/2c Wheat Bread 2sl Crackers (2ea)	20 Herbed Pork Cutlet 3oz Red Skin Mashed Potato 1/2c Glazed Baby Carrots 1/2c Ambrosia Salad 1/2c Wheat Roll & Margarine	21 Cheese Ravioli 1c (2oz cheese) Italian Vegetables 1/2c Garden Salad 1c Banana 1ea Wheat Roll & Margarine Salad Dressing	22 Oven Fried Chicken 3oz Corn on the Cob 1ea Steamed Spinach 1/2c Ice Cream 1/2c Wheat Roll
25 BBQ Pork Sandwich 3oz Chuckwagon Corn 1/2c Spinach Salad 1c Fresh Melon Cup 1/2c Wheat Bun Salad Dressing	26 Baked Chicken 3oz Rice Pilaf 1/2c Broccoli & Cauliflower 1/2c Banana Pudding 1/2c Wheat Roll & Margarine	27 Tomato Vegetable Soup 1c Tuna Salad Sandwich 2oz Fruit Salad 1/2c Oatmeal Raisin Cookie 1ea Crackers 2ea Wheat Bread 2sl	28 Meatloaf 3oz New Red Potatoes 1/2c Green Beans 1/2c Orange Pineapple Medley 1/2c Wheat Roll & Margarine	29 Honey Mustard Chicken 3oz Mashed Potatoes 1/2c Collard Greens 1/2c Ice Cream 1/2c Wheat Roll & Margarine



Senior Farmers Market Voucher Program – at all meal sites

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 1/2 of the
 USDA established by the
 Dietary Guidelines for
 Older Americans

*Meals are planned to ensure
 low salt, low fat & low sugar*