




# MARCH | 2018

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			<b>1</b> Breaded Pork Chop with Cream Gravy 3oz Sage Dressing 1/2c Green Beans 1/2c Mandarin Oranges 1/2c Wheat Roll	<b>2</b> Cheese Manicotti Marinara 2ea Italian Vegetables 1/2c Spinach Salad 1c Banana 1 med Wheat Bread/ dressing
<b>5</b> Hamburger on Wheat Bun 3oz Potato Salad 1/2c Cole Slaw 1/2c Chilled Pudding 1/2c	<b>6</b> Chicken Tenders 3oz Mac & Cheese 1/2c Baby Lima Beans 1/2c Wheat Bread / Margarine Ambrosia 1/2c	<b>7</b> Ham & Cheese Casserole ¾ cup Broccoli 1/2c Chilled Pineapple 1/2c Fruited Gelatin 1/2c Wheat Roll	<b>8</b> Hearty Chili 1c Romaine Salad 1c Fruit Medley 1/2c Sugar Cookie Crackers/ Dressing	<b>9</b> Fried Fish Filet 3oz Buttered Corn 1/2c Collard Greens 1/2c Wheat Bread 1sl Tartar Sce Sherbet 1/2c
<b>12</b> Apple Cider BBQ Chicken 3oz Mashed Potatoes 1/2c Capri Vegetables 1/2c Mandarin Oranges ½ c Wheat Roll/ Margarine	<b>13</b> Herbed Pork Loin with Gravy 3oz Baked Potato 1/2c Seasoned Greens 1/2c Wheat Roll Chilled Pears 1/2c	<b>14</b> Turkey Veggie Sloppy Joes 3oz Whole Wheat Bun Roast Sweet Potatoes 3oz Shaved Brussel Sprouts Salad 3oz Cantaloupe Chunks 1/2c	<b>15</b> Salisbury Steak 3oz New Red Potatoes 1/2c Green Peas ½ c Wheat Roll/ Margarine Strawberry Applesauce ½ c	<b>16</b> Cheese Ravioli with Marinara Sauce 6oz Winter Vegetables 1/2c Spinach Salad 1c Banana 1 med Wheat Roll/ dressing
<b>19</b> Pinto Beans & Ham 1c Fried Potatoes 1/2c Seasoned Greens 1/2c Sugar Cookie 1ea Wheat Bread 1sl	<b>20</b> Chicken Pot Pie 1c Tossed Salad 1c Chilled Fruit Cup 1/2c Wheat Roll/Margarine Gelatin Cubes 1/2c	<b>21</b> Roast Pork 3oz Whipped Sweet Potatoes 1/2c Brussel Sprouts 1/2c Pudding Parfait 1/2c	<b>22</b> Spaghetti with Meatsauce 1c California Medley 1/2c Garden Salad 1c Italian Bread/Margarine Ice Cream 1/2c	<b>23</b> Broccoli Soup 1c Tuna Salad 3oz Wheat Bread 2sl Pasta Salad 1/2c Honey Fruit Cup ½
<b>26</b> Turkey Divan 3oz Wild Rice 1/2c Fruit Medley 1/2c Wheat Roll/margarine Ice Cream 1/2c	<b>27</b> Pot Roast 3oz Parslied Potatoes 1/2c Carrots with Celery & Onion 1/2c Wheat Roll Frosted Cherry Jello ½c	<b>28</b> Pork Loin with Mustard Sauce 3oz Mashed Potato 1/2c Steamed Cabbage 1/2c Wheat Roll/Margarine Winter Fruit Cup 1/2c	<b>29</b> Fried Chicken 3oz Buttered Corn 1/2c Mixed Greens 1/2c Wheat Roll Pudding w/ topping ½	<b>30</b> CLOSED Good Friday



### Nutrition Awareness Month

Celebrate with us on  
Weds March 14 2018

Monday – Friday  
Open to the Public  
Age 60+/Disabled  
\$2.50 Donation  
Reservations 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