





JANUARY | 2018

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 ALL SITES CLOSED Monday & Tuesday For NEW YEAR'S	2 	3 Vegetable Soup 1c Turkey & Cheese on wheat Sandwich 3oz Potato Salad 1/2c Saltines 1pkt Fresh Apple 1ea	4 Salisbury Steak 3oz New Red Potatoes 1/2c Green Peas 1/2 c Wheat Roll/ Margarine Strawberry Applesauce 1/2 c	5 Cheese Ravioli with Marinara Sauce 6oz Winter Vegetables 1/2c Spinach Salad 1c Banana 1 med Wheat Roll/ dressing
8 Pinto Beans & Ham 1c Fried Potatoes 1/2c Seasoned Greens 1/2c Sugar Cookie 1ea Wheat Bread 1sl	9 Chicken Pot Pie 1c Tossed Salad 1c Chilled Fruit Cup 1/2c Wheat Roll/Margarine Gelatin Cubes 1/2c	10 Roast Pork 3oz Whipped Sweet Potatoes 1/2c Brussel Sprouts 1/2c Wheat Roll Pudding Parfait 1/2c	11 Spaghetti with Meatsauce 1c California Medley 1/2c Garden Salad 1c Italian Bread/Margarine Ice Cream 1/2c	12 Broccoli Soup 1c Tuna Salad 3oz Wheat Bread 2sl Pasta Salad 1/2c Honey Fruit Cup 1/2
15 ALL SITES CLOSED  DREAM Martin Luther King Day	16 Pot Roast 3oz Parslied Potatoes 1/2c Carrots with Celery & Onion 1/2c Wheat Roll Frosted Cherry Jello	17 Pork Loin with Mustard Sauce 3oz Mashed Potato 1/2c Steamed Cabbage 1/2c Wheat Roll/Margarine Winter Fruit Cup 1/2c	18 Fried Chicken 3oz Buttered Corn 1/2c Mixed Greens 1/2c Wheat Roll Pudding w/ topping 1/2	19 Cheese Omelet 3oz Fried Potatoes 1/2c Sliced Tomatoes 3sl Wheat English Muffin Fruit Parfait 1/2c margarine
22 Brown Sugar Chicken 3oz Redskin Mashed 1/2c Broccoli 1/2c Wheat Roll / Margarine Oatmeal Cookie	23 Beef Stew 1c Mixed Green Salad 1c Cornbread 2oz Fruited Gelatin 1/2c Dressing/Margarine	24 Roast Turkey 3oz Candied Yams 1/2c Green Beans 1/2c Wheat Roll Pumpkin Pie 1sl	25 Breaded Pork Chop with Cream Gravy 3oz Sage Dressing 1/2c Green Beans 1/2c Mandarin Oranges 1/2c Wheat Roll	26 Cheese Manicotti Marinara 2ea Italian Vegetables 1/2c Spinach Salad 1c Banana 1 med Wheat Bread/ Dressing
29 Hamburger on Wheat Bun 3oz Potato Salad 1/2c Cole Slaw 1/2c Chilled Pudding 1/2c	30 Chicken Tenders 3oz Mac & Cheese 1/2c Baby Lima Beans 1/2c Wheat Bread / Margarine Ambrosia 1/2c	31 Ham & Cheese Casserole 3/4 cup Broccoli 1/2c Chilled Pineapple 1/2c Fruited Gelatin 1/2c Wheat Roll		



New Year's Health Resolutions Month

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