



APRIL | 2018

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Brown Sugar Chicken 3oz Redskin Mashed 1/2c Broccoli 1/2c Wheat Roll / Margarine Oatmeal Cookie	3 Beef Stew 1c Mixed Green Salad 1c Cornbread 2oz Fruited Gelatin 1/2c Dressing/Margarine	4 Roast Turkey 3oz Candied Yams 1/2c Green Beans 1/2c Wheat Roll Pumpkin Pie 1sl	5 Breaded Pork Chop with Cream Gravy 3oz Sage Dressing 1/2c Green Beans 1/2c Mandarin Oranges 1/2c Wheat Roll	6 Cheese Manicotti Marinara 2ea Italian Vegetables 1/2c Spinach Salad 1c Banana 1 med Wheat Bread/ dressing
9 Hamburger on Wheat Bun 3oz Potato Salad 1/2c Cole Slaw 1/2c Chilled Pudding 1/2c	10 Chicken Tenders 3oz Mac & Cheese 1/2c Baby Lima Beans 1/2c Wheat Bread / Margarine Ambrosia 1/2c	11 Ham & Cheese Casserole ¾ cup Broccoli 1/2c Chilled Pineapple 1/2c Fruited Gelatin 1/2c Wheat Roll	12 Hearty Chili 1c Romaine Salad 1c Fruit Medley 1/2c Sugar Cookie Crackers/ Dressing	13 Fried Fish Filet 3oz Buttered Corn 1/2c Collard Greens 1/2c Wheat Bread 1sl Tartar sce Sherbet 1/2c
16 Apple Cider BBQ Chicken 3oz Mashed Potatoes 1/2c Capri Vegetables 1/2c Mandarin Oranges ½ c Wheat Roll/ Margarine	17 Herbed Pork Loin with Gravy 3oz Baked Potato 1/2c Seasoned Greens 1/2c Wheat Roll Chilled Pears 1/2c	18 Vegetable Soup 1c Turkey & Cheese on wheat Sandwich 3oz Potato Salad 1/2c Saltines 1pkt Fresh Apple 1ea	19 Salisbury Steak 3oz New Red Potatoes 1/2c Green Peas ½ c Wheat Roll/ Margarine Strawberry Applesauce ½ c	20 Cheese Ravioli with Marinara Sauce 6oz Winter Vegetables 1/2c Spinach Salad 1c Banana 1 med Wheat Roll/ dressing
23 Pinto Beans & Ham 1c Fried Potatoes 1/2c Seasoned Greens 1/2c Sugar Cookie 1ea Wheat Bread 1sl	24 Chicken Pot Pie 1c Tossed Salad 1c Chilled Fruit Cup 1/2c Wheat Roll/Margarine Gelatin Cubes 1/2c	25 Roast Pork 3oz Whipped Sweet Potatoes 1/2c Brussel Sprouts 1/2c Pudding Parfait 1/2c Wheat Roll	26 Spaghetti with Meatsauce 1c California Medley 1/2c Garden Salad 1c Italian Bread/Margarine Ice Cream 1/2c	27 Broccoli Soup 1c Tuna Salad 3oz Wheat Bread 2sl Pasta Salad 1/2c Honey Fruit Cup ½
30 Turkey Divan 3oz Wild Rice 1/2c Fruit Medley 1/2c Wheat Roll/margarine Ice Cream 1/2c				



Financial Awareness Month Be Money Smart!

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 Met 1/3 of the USDA established by the Dietary Guidelines for Older Americans

Meal are planned to ensure low salt, low fat & low sugar