





MAY | 2018

Lifespan Resources (all meals served with 1/2 pint of 1% Milk)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 <small>shutterstock - 173872721</small>	1 Lasagna Casserole 1c Italian Vegetables 1/2c Toss Salad 1c Banana 1ea Italian Bread Margarine & Dressing	2 Mandarin Chicken Salad 3/4c Macaroni Salad 1/2c Tomato Wedges 4ea Angel Food Cake 1sl Wheat Roll	3 Turkey & Rice Casserole 1c Collard Greens 1/2c Chilled Pineapple 1/2c Chilled Pudding with Topping 1/2c Wheat Roll & Margarine	4 Salisbury Steak with Mushroom Gravy 3oz Baked Potato 1/2c Peas & Carrots 1/2c Snickerdoodle Cookie 1ea Sour Cream
7 Mediterranean Veg Soup 1c Cottage Ch/ Peaches 1/2c Spinach Salad 1c Oatmeal Cookie 1ea Salad Dressing Crackers (4ea)	8 BBQ Chicken 3oz Hash Brown Potatoes 1/2c Capri Vegetables 1/2c Watermelon 1c Wheat Roll & Margarine	9 Roast Turkey & Gravy 3oz Mashed Sweet Potatoes 1/2c Green Beans 1/2c Fruit Parfait 1/2c Wheat Roll & Margarine	10 Stuffed Green Pepper (2ozbeef) Buttered Corn 1/2c Tossed Salsa 1c Berry Fruit Cup 1/2c Wheat Roll & Margarine Salad Dressing	11 Fried Fish 3oz Macaroni & Cheese 1/2c Creamy Coleslaw 1/2c Banana 1ea Wheat Bun 2oz
14 Hamburger with tomato 3oz Baked Potato Wedges 1/2c Tossed Salad 1c Fresh Apple 1ea Wheat Bun Ketchup & Mustard	15 Garden Veg Soup 1c Chicken Salad Sandwich 2oz Potato Salad 1/2c Fresh Melon Cup 1/2c Wheat Bread 2sl Crackers (2ea)	16 Herbed Pork Cutlet 3oz Red Skin Mashed Potato 1/2c Glazed Baby Carrots 1/2c Ambrosia Salad 1/2c Wheat Roll & Margarine	17 Cheese Ravioli 1c (2oz cheese) Italian Vegetables 1/2c Garden Salad 1c Banana 1ea Wheat Roll & Margarine Salad Dressing	18 Oven Fried Chicken 3oz Corn on the Cob 1ea Steamed Spinach 1/2c Ice Cream 1/2c Wheat Roll
21 BBQ Pork Sandwich 3oz Chuckwagon Corn 1/2c Spinach Salad 1c Fresh Melon Cup 1/2c Wheat Bun Salad Dressing	22 Baked Chicken 3oz Rice Pilaf 1/2c Broccoli & Cauliflower 1/2c Banana Pudding 1/2c Wheat Roll & Margarine	23 Tomato Veg Soup 1c Tuna Salad Sandwich 2oz Fruit Salad 1/2c Oatmeal Raisin Cookie 1ea Crackers 2ea Wheat Bread 2sl	24 Meatloaf 3oz New Red Potatoes 1/2c Green Beans 1/2c Orange Pineapple Medley 1/2c Wheat Roll & Margarine	25 Honey Mustard Chicken 3oz Mashed Potatoes 1/2c Collard Greens 1/2c Ice Cream 1/2c Wheat Roll & Margarine
28 All Meal Sites CLOSED Memorial Day	29 Chicken Tenders 2ea(3oz total) Macaroni & Cheese 1/2c Broccoli 1/2c Cinnamon Applesauce 1/2c Wheat Roll & Margarine BBQ Sauce	30 Spaghetti 1/2c with Meatsauce 1/2c Italian Green Beans 1/2c Spinach Salad 1c Fruited Gelatin 1/2c Italian Bread & Margarine	31 Sweet & Sour Pork 3/4c Fluffy White Rice 1/2c Vegetable Medley 1/2c Sherbet 1/2c Wheat Roll & Margarine	



**Older Americans Month
Programs 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*