



NOVEMBER | 2017

LifeSpan Resources

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1 Ziti with Four Cheeses 3/4c Italian Beans 1/2c Fruit Medley 1/2c Ice Cream 1/2c Wheat Roll	2 Chicken(2oz) & Rice Casserole 3/4c Broccoli Florets 1/2c Fresh Orange 1ea Pudding Parfait 1/2c Wheat Roll/ Margarine	3 Hearty Chili (2oz beef, 1 cup serving) Spinach Salad 1c Mixed Fruit Cup 1/2c Gelatin Whip 1/2c Corn Muffin 1 Salad Dressing	4 Hot Plate Lunch Or Chef Salad; (Order in advance)
5	6 Meatloaf 3oz Red Potatoes 1/2c Mixed Vegetables 1/2c Fruit Parfait 1/2c Wheat Roll / Margarine	7 Baked Herb Chicken 3oz Parmesan Potatoes 1/2c Seasoned Spinach 1/2c Chilled Peaches 1/2c Wheat Roll	8 Carolina Pulled Pork 2oz Potato Salad 1/2c Creamy Coleslaw 1/2c Tapioca Pudding 1/2c Wheat Bun	9 Turkey Italiano 3oz Italian Vegetables 1/2c Fruit Medley 1/2c Wheat Roll/ Margarine	10 Beef Stew 1c Romaine Salad 1c Chilled Pineapple 1/2c Sugar Cookie 1e Wheat Roll/Margarine Salad Dressing	11
12	13 Asian Ginger Chicken 3oz Parslied Rice ½ c Stir Fry Vegetables 1/2c Ambrosia 1/2c Wheat Roll/Margarine	14 Breaded Pork Chop 3oz Mashed Potatoes 1/2c Green Bean & Carrots 1/2c Dreamsicle Delight 1/2c Wheat Roll	15 Cream of Potato Soup 1c Turkey Cheddar Wrap 2oz Broccoli Salad 1/2c Banana 1ea Crackers (2)	16 Hamburger 3oz Sliced Tomato 1ea Baked Potato wedges 1/2c Mixed Green Salad 1c Fresh Apple 1ea Dressing, Ketchup, Mustard Wheat Bun	17 Chicken Tenders 3oz(2ea) Red Potatoes 1/2c Cauliflower w Cheese 1/2c Chocolate Chip Cookie 1e BBQ Sauce Wheat Roll/ Margarine	18
19 <i>Monday-Friday Open to the Public Age 60+/Disabled \$2.50 Donation</i>	20 Ham(3oz) & Potato Casserole 6oz Green Beans&Carrots 1/2c Mixed Green Salad 1c Cinnamon Applesauce 1/2c Wheat Bread/Margarine	21 Fried Chicken Breast 3oz Baked Potato 1/2c Succotash 1/2c Harvest Fruit Cup 1/2c Wheat Roll/margarine Sour Cream	22 Roast Turkey 3oz Baked Sweet Potato 1/2c Brussel Sprouts 1/2c Pumpkin Pie 1/10pie Wheat Bread/margarine	23 Closed 	24 Closed	25 All Meals meet 1/3 of the US RDA established by The Dietary Guidelines for Americans. Meals are planned to insure low salt, fat and sugar.
26 Registration Required 	27 Spaghetti w/Meatsauce 1c (2oz beef in sauce) California Medley 1/2c Garden Salad 1c Ice Cream 1/2c Italian Bread 1s	28 Fried Fish Filet 3oz Corn Casserole 1/2c Seasoned Spinach 1/2c Citrus Fruit Cup 1/2c Wheat Bread 2sl Tartar Sauce	29 Chicken (2oz) & Dumplings(1cup total) Mixed Vegetables 1/2c Garden Salad 1c Pineapple Pudding 1/2c Wheat Roll/Margarine	30 Cheeseburger 3oz Baked Potato Wedges 1/2c Ranchero Beans 1/2c Fruit Medley 1/2c Wheat Bun Ketchun / Mustard		

All Meals served with 1/2pint of 1% milk