



OCTOBER | 2017

Lifespan Resources Meal Site Menu

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 Monday-Friday <i>Open to the Public Age 60+/Disabled \$2.50 Donation - Registration Required</i>	2 Meatloaf 3oz Red Potatoes 1/2c Mixed Vegetables 1/2c Fruit Parfait 1/2c Wheat Roll / Margarine	3 Baked Herb Chicken 3oz Parmesan Potatoes 1/2c Seasoned Spinach 1/2c Chilled Peaches 1/2c Wheat Roll	4 Carolina Pulled Pork 2oz Potato Salad 1/2c Creamy Coleslaw 1/2c Tapioca Pudding 1/2c Wheat Bun	5 Turkey Italiano 3oz Italian Vegetables 1/2c Fruit Medley 1/2c Wheat Roll/ Margarine	6 Beef Stew 1c Romaine Salad 1c Chilled Pineapple 1/2c Sugar Cookie 1e Wheat Roll/Margarine Salad Dressing	7 Hot Plate Lunch Or Chef Salad: (Order in Advance)
8 <i>Registration Required</i>	9 Asian Ginger Chicken 3oz Parslied Rice ½ c Stir Fry Vegetables 1/2c Ambrosia 1/2c Wheat Roll/Margarine	10 Breaded Pork Chop 3oz Mashed Potatoes 1/2c Green Bean & Carrots 1/2c Dreamsicle Delight 1/2c Wheat Roll	11 Cream of Potato Soup 1c Turkey Cheddar Wrap 2oz Broccoli Salad 1/2c Banana 1ea Crackers (2)	12 Hamburger 3oz Sliced Tomato 1ea Baked Potato wedges 1/2c Mixed Green Salad 1c Fresh Apple 1ea Dressing, Ketchup, Mustard Wheat Bun	13 Chicken Tenders 3oz(2ea) Red Potatoes 1/2c Cauliflower w Cheese 1/2c Chocolate Chip Cookie 1e BBQ Sauce Wheat Roll/ Margarine	14
15	16 Ham(3oz) & Potato Casserole 6oz Green Beans&Carrots 1/2c Mixed Green Salad 1c Cinnamon Applesauce 1/2c Wheat Bread/Margarine	17 Fried Chicken Breast 3oz Baked Potato 1/2c Succotash 1/2c Harvest Fruit Cup 1/2c Wheat Roll/margarine Sour Cream	18 Spaghetti w/Meatsauce 1c (2oz beef in sauce) California Medley 1/2c Garden Salad 1c Ice Cream 1/2c Italian Bread 1sl	19 Cheese omelet 2oz Homestyle Potatoes 1/2c Seasoned Spinach 1/2c Banana 1ea Blueberry Muffin 1ea Margarine	20 Chicken 3oz) in Herb Sauce White Rice 1/2c Broccoli & Cauliflower 1/2c Cranberry Crunch Bar Wheat Roll	21
22	23 Roast Turkey 3oz Baked Sweet Potato 1/2c Brussel Sprouts 1/2c Pumpkin Pie 1/10pie Wheat Bread/margarine	24 Fried Fish Filet 3oz Corn Casserole 1/2c Seasoned Spinach 1/2c Citrus Fruit Cup 1/2c Wheat Bread 2sl Tartar Sauce	25 Chicken (2oz) & Dumplings(1cup total) Mixed Vegetables 1/2c Garden Salad 1c Pineapple Pudding 1/2c Wheat Roll/Margarine	26 Cheeseburger 3oz Baked Potato Wedges 1/2c Ranchero Beans 1/2c Fruit Medley 1/2c Wheat Bun Ketchup / Mustard	27 Cranberry Pork Loin 3oz Red Potatoes 1/2c Broccoli Florets 1/2c Peanut Butter Bar 1e Wheat Roll / Margarine	28 All Meals meet 1/3 of the US RDA Established by The Dietary Guidelines for Older Americans. Meals are planned to ensure low sodium.
29 	30 Cream Broccoli Soup 1c Hoagie Sandwich (1oz turkey, 1oz pastrami) Mixed Green Salad 1c Bun /Sliced Tomato 2ea Snickerdoodle Cookie 1e Salad Dressing	31 Roast Beef 3oz w/ brown gravy Mashed Potatoes 1/2c Buttered Carrots 1/2c Banana 1ea Wheat Bread / Margarine				

All Meals Include ½ Pint of 1% Milk