

1-800-948-8330

AUGUST | 2024

Lifespan Resources *(all meals include ½ pint milk)*



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

29	30	31	1 BBQ Pulled Pork Mashed Potatoes Green Beans Mandarin Oranges Shortbread Cookie Milk	2 Hearty Turkey Chili Broccoli & Cheese Baked Peaches Bread & Margarine Milk
5 Cheeseburger Roasted Potatoes Brussels sprouts Hamburger Bun Mandarin Oranges Milk	6 Beef Tips & Mushrooms Italian White Beans Carrots Pineapple Cup Bread & Milk	7 Smothered Beef Steak Green Beans Roasted Red Potatoes Mixed Fruit Cup Milk	8 Chili with Beans Skin on Fries Bread & Margarine Mixed Fruit Cup Milk	9 Grilled Chicken Sandwich Roasted Potato Wedges Cinnamon Apples Bun & Mayonnaise Milk
12 Chicken Burrito Bowl (Cilantro Lime Rice, Seasoned Black Beans, Fajita Vegetables) Mixed Fruit Cup Milk	13 Italian Meatloaf Red Skin Mashed Potato Broccoli & Cheese Oatmeal Cookie & Bread Strawberry Applesauce	14 Chicken Breast Parmesan Sweet Potatoes Spinach Bread/Margarine Pineapple Cup & Milk	15 Pork & Green Chile Stew Home Fried Potatoes Bread Lemon Snack Bar Milk	16 Home Made Pot Roast Mashed Potatoes Green beans Choc Chip Oatmeal bar Diced Pear Cup Milk
19 Citrus Chicken Breast Brown Rice & Zucchini Dilled Carrots Bread Tropical Fruit Cup Milk	20 Dijon Chicken Rice Pilaf Seasoned Spinach Bread & Margarine Mandarin Orange Cup Milk	21 Cheeseburger Whole Grain Bun Roasted Potato Wedges Southern Green Beans Applesauce Cup Milk	22 Beef Stew Green Beans Almondine Sliced Apples & Raisins Bread & Margarine Oatmeal Cookie & Milk	23 Spaghetti & Meat Sauce Broccoli Florets Baked Peaches Bread & Margarine Milk
26 BBQ Pulled Pork Whole Grain Bun Seasoned Black Beans Brussels sprouts Mixed Fruit Cup Milk	27 Chicken Meatballs Sweet Potato Wedges Garlic & Herb Broccoli Pineapple Cup Milk	28 Oven Fried Chicken with Cream Gravy Seasoned Beans Baked Peaches Bread & Margarine Milk	29 Beef Taco Soup Broccoli & Cheese Apples with Raisins Tortilla Chips Milk	30 Cubed Beef Steak Au gratin Potatoes Green Peas Bread Mandarin Orange Cup Milk



Congregate Meal Site

Mon -Fri
Open to the Public
Age 60+/Disabled
\$3.00 Suggested
Donation
Order in Advance
Reservations
Required w/ Week
Notice
Hot Plate Lunch or
Chef Salad
All Meals Meet 1/3
of the USDA
established by the
Dietary Guidelines
for Older
Americans
*Meals are planned to
ensure low salt, low*