

1-800-948-8330

# JULY | 2024



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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>1</b> Beef Stew Green Beans Almondine Sliced Apples & Raisins Bread & Margarine Oatmeal Cookie Milk	<b>2</b> Oven Fried Chicken with Cream Gravy Seasoned Beans Baked Peaches Bread & Margarine Milk	<b>3</b> Beef Taco Soup Broccoli & Cheese Apples with Raisins Tortilla Chips Milk	<b>4</b> Closed	<b>5</b> Cubed Beef Steak Au gratin Potatoes Green Peas Bread Mandarin Orange Cup Milk
<b>8</b> Chicken Meatballs & Gravy Sweet Potato Wedges Garlic & Herb Broccoli Pineapple Cup Milk	<b>9</b> Meatloaf Red Skin Mashed Potato Stewed Tomatoes Bread Mandarin Orange Cup Milk	<b>10</b> Asian Chicken & Broccoli Fried Rice Corn & Edamame Blend Pineapple Cup Milk	<b>11</b> Salisbury Steak with Mushroom Gravy Mashed Potatoes Red Cabbage Bread & Margarine Diced Pear Cup Milk	<b>12</b> BBQ Chicken Breast Roasted Potato Medley Green Bean Casserole Bread & Butter Peach Cup Milk
<b>15</b> Turkey Bolognese Spaghetti Noodles Butternut Squash Bread & Margarine Sugar Cookie Milk	<b>16</b> Macaroni Casserole Spinach & Peppers Zucchini Bread Peach Cup Milk	<b>17</b> Pork Burrito Bowl Bread & Margarine Mandarin Orange Cup Milk	<b>18</b> White Chicken Chili Winter Blend Vegetables Bread & Margarine Diced Pear Cup Oatmeal Cookie Milk	<b>19</b> Swiss Steak Macaroni & Cheese Carrots Bread Mandarin Orange Cup Milk
<b>22</b> Lasagna Caribbean Blend Whole Grain Bread Oatmeal Cookie Mixed Fruit Cup Milk	<b>23</b> Bourbon Braised Beef Tips Egg Noodles Broccoli & Cheese Peach Crisp Milk	<b>24</b> Roast Turkey Breast Mashed Sweet Potatoes California Blend Veggies Corn Muffin Mandarin Orange Cup Milk	<b>25</b> Pizza Casserole Lemon Dill Lima Beans Cinnamon Apples Bread & Margarine Milk	<b>26</b> Spaghetti & Meatballs Italian Green Beans Peas & Carrots Bread Mixed Fruit Cup Milk
<b>29</b> Chicken Tenders Black Beans & Corn Broccoli Florets Bread & Margarine Mandarin Orange Cup Milk	<b>30</b> Beef Ravioli Marinara Peas & Carrots Bread Mixed Fruit Cup Lorna Doones Cookie Milk	<b>31</b> Southern Chicken Pot Pie Winter Blend Vegetables Peach Cup Oatmeal Cookie Milk	<b>1</b> BBQ Pulled Pork / Bun Mashed Potatoes Green Beans Mandarin Orange Cup Shortbread Cookie Milk	<b>2</b> Hearty Turkey Chili Broccoli & Cheese Baked Peaches Bread & Margarine 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  
 sugar & low fat*