

**1-800-948-8330**

# OCTOBER | 2024



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

**MONDAY**

**TUESDAY**

**WEDNESDAY**

**THURSDAY**

**FRIDAY**

<b>30</b>	<b>1</b> Grilled Chicken Sandwich Potato Wedges Cinnamon Apples Bun & Mayonnaise Milk	<b>2</b> Beef Tips & Mushrooms Italian White Beans Carrots Pineapple Cup Bread&Milk	<b>3</b> Chicken Burrito Bowl (Cilantro Lime Rice, Seasoned Black Beans, Fajita Vegetables) Mixed Fruit Cup Milk	<b>4</b> Shepherd's Pie Balsamic Brussels sprouts Bread & margarine Pineapple Cup Milk
<b>7</b> Chicken Breast Parmesan Sweet Potatoes Spinach Bread/Margarine Pineapple Cup&Milk	<b>8</b> Italian Meatloaf Red Skin Mashed Potato Broccoli & Cheese Oatmeal Cookie&Bread Strawberry Applesauce	<b>9</b> Home Made Pot Roast Mashed Potatoes Green beans Choc Chip Oatmeal bar Diced Pear Cup Milk	<b>10</b> Pork & Green Chile Stew Home Fried Potatoes Bread Lemon Snack Bar Milk	<b>11</b> Denver Omelet Obrien Potatoes Cinnamon Apples Bread Lemon Snack Bar Milk
<b>14</b> Spaghetti & Meat sauce Broccoli Florets Baked Peaches Bread & Margarine Milk	<b>15</b> BBQ Pulled Pork Whole Grain Bun Seasoned Black Beans Brussels sprouts Mixed Fruit Cup Milk	<b>16</b> Cheeseburger Roasted Potato Wedges Southern Green Beans Applesauce Cup Milk	<b>17</b> Dijon Chicken Breast Rice Pilaf Seasoned Spinach Bread & Margarine Mandarin Orange Cup	<b>18</b> Beef Stew&Green Beans Almandine Sliced Apples & Raisins Bread & Margarine Oatmeal Cookie&Milk
<b>21</b> Beef Taco Soup Broccoli & Cheese Apples with Raisins Tortilla Chips Milk	<b>22</b> Chicken Marsala Meatballs Sweet Potato Wedges Garlic & Herb Broccoli Pineapple Cup Milk	<b>23</b> Cubed Beef Steak Au gratin Potatoes Green Peas Bread Mandarin Orange Cup Milk	<b>24</b> Sweet & Sour Pork Rice Pilaf Broccoli & Cheese Berry Applesauce Milk	<b>25</b> Roast Turkey & Gravy Cheddar Mashed Potatoes Carrots Bread & margarine Mixed Fruit Cup
<b>28</b> Penne Pasta Bolognese Sauce Butternut Squash Bread & Margarine Sugar Cookie Milk	<b>29</b> BBQ Chicken Breast Roasted Potato Medley Green Bean Casserole Bread & Butter Peach Cup Milk	<b>30</b> Salisbury steak with Mushroom Gravy Mashed Potatoes Red Cabbage Bread & Margarine Diced Pear Cup&Milk	<b>31</b> Meatloaf Red Skin Mashed Potato Stewed Tomatoes Bread Mandarin Cup&Milk	<b>1</b> Asian Chicken & Broccoli Fried Rice Corn & Edamame Blend Pineapple 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 sugar & low*