

1-800-948-8330

JANUARY | 2025

Lifespan Resources (all meals include ½ pint milk)

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

30	31 CLOSED	1 CLOSED	2 Swiss steak Macaroni & Cheese Carrots Bread Mandarin Orange Cup Milk	3 White Chicken Chili Winter Blend Veggies Bread&Margarine Pear Cup Oatmeal Cookie & Milk
6 Macaroni Casserole Spinach & Peppers Zucchini Bread Peach Cup & Milk	7 Pizza Casserole Lemon Dill Lima Beans Cinnamon Apples Bread & Margarine Milk	8 Chicken Tenders Black Beans & Corn Broccoli Florets Bread & Margarine Mandarin Orange Cup Milk	9 Bourbon Braised Beef Tips Egg Noodles Broccoli & Cheese Peach Crisp Milk	10 Roast Turkey Breast Mashed Sweet Potatoes California Veggies Corn Muffin Mandarin Cup & Milk
13 Spaghetti & Meatballs Italian Green Beans Peas & Carrots Mixed Fruit Cup Bread & Milk	14 BBQ Pulled Pork / Bun Mashed Potatoes Green Beans Mandarin Orange Cup Shortbread Cookie Milk	15 Hearty Chili Broccoli & Cheese Baked Peaches Bread & Margarine Milk	16 Chicken Pot Pie Winter Blend Vegetables Peach Cup Oatmeal Cookie Milk	17 Beef Ravioli Marinara Peas & Carrots Mixed Fruit Cup Lorna Doones Cookie Bread & Milk
20 CLOSED	21 Grilled Chicken Sandwich Potato Wedges Cinnamon Apples Bun & Mayonnaise Milk	20 Chicken Burrito Bowl (Cilantro Lime Rice, Seasoned Black Beans, Fajita Vegetables) Mixed Fruit Cup Milk	23 Beef Tips & Mushrooms Italian White Beans Carrots Pineapple Cup Bread & Milk	24 Shepherd's Pie Balsamic Brussels Sprouts Bread & margarine Pineapple Cup Milk
25 Smothered Beef Steak Green Beans Roasted Potatoes Mixed Fruit Cup Bread & Milk	28 Pork & Green Chile Stew Home Fried Potatoes Bread Lemon Snack Bar Milk	29 Italian Meatloaf Mashed Potato Broccoli & Cheese Oatmeal Cookie Strawberry Applesauce Bread & Milk	30 Home Made Pot Roast Mashed Potatoes Green beans Choc Chip Oatmeal bar Diced Pear Cup Milk	31 Denver Omelet Obrien Potatoes Cinnamon Apples Bread Lemon Snack Bar Milk



Congregate Meal Site

Mon -Fri
Open to the Public
Age 60+/Disabled
\$2.50 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*