

1-800-948-8330

OCTOBER | 2025

LifeSpan Resources (all meals include ½ pint milk)



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

29	30	1 Pot Roast Mashed Potatoes Green Beans Bread/Margarine Oatmeal Cookie Mandarin Oranges	2 BBQ Chicken Breast Baked Pork & Beans Cabbage & Apple Slaw Peaches Whole Grain Bun Milk	3 Bourbon BBQ Meatloaf Mashed Potatoes Broccoli & Cheese Oatmeal Cookie Strawberry Applesauce Milk
6 Hearty Chili with Beans Twice Baked Potato Oyster Crackers Grape Juice Milk	7 Lasagna Parmesan Broccoli Garlic Herb Breadstick Oatmeal Cookie Tropical Fruit Milk	8 Chicken Pot Pie Winter Blend Vegetables Peaches Lemon Snack Bar Milk	9 Pulled Pork Burrito Bowl Tortilla Mandarin Oranges Milk	10 Beefy Macaroni Casserole Roasted Zucchini Whole Grain Bread Peaches Milk
13 Cheeseburger Roasted Potato Wedges Green Beans Applesauce Mustard & Ketchup	14 Chicken Tenders Fiesta Beans & Corn Broccoli Florets Mandarin Oranges Bread/Margarine Milk	15 Grilled Chicken Breast Whole Grain Bun Roasted Potato Wedges Cinnamon Apples Mayonnaise	16 Spaghetti & Meatballs Italian Green Beans Whole Grain Bread Tropical Fruit Salad Milk	17 Beef Burrito Salsa Verde Black Beans & Rice California Vegetables Peaches Milk
20 Supreme Pizza Bowl Applesauce Whole Grain Bread Margarine Milk	21 Denver Omelet Home Fries Apple Crumble Whole Grain Bread Milk	22 Chicken Breast Parmesan Spinach Pasta Alfredo Tropical Fruit	23 Roast Turkey & Gravy Bread Stuffing Mashed Potatoes Green Beans & Corn Diced Pears Milk	24 Smothered Beef Steak Roasted Potatoes Peas & Carrots Whole Grain Bread Mixed Fruit Milk
27 Bourbon BBQ Meatloaf Mashed Potatoes Broccoli & Cheese Oatmeal Cookie Strawberry Applesauce Milk	28 Hearty Beef Stew Apple Crumble Whole Grain Bread Margarine Milk	29 Chicken Bacon Macaroni & Cheese Broccoli Florets Whole Grain Bread Pineapple Milk	30 Cheeseburger Whole Grain Bun Roasted Potato Wedges Green Beans Applesauce	31 Spaghetti & Meat Sauce Broccoli Florets Whole Grain Breadstick Margarine Grape Juice 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*

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MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

29

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