

1-800-948-8330

# SEPTEMBER | 2025



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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>1</b>  Closed	<b>2</b> Lasagna Parmesan Broccoli Garlic Herb Breadstick Oatmeal Cookie Tropical Fruit Milk	<b>3</b> Spaghetti & Meatballs Italian Green Beans Whole Grain Bread Tropical Fruit Salad Milk	<b>4</b> Beef Burrito Salsa Verde Black Beans & Rice California Vegetables Peaches Chocolate Milk	<b>5</b> Supreme Pizza Bowl Applesauce Whole Grain Bread Margarine Milk
<b>8</b> Chicken Tenders Fiesta Beans & Corn Broccoli Florets Mandarin Oranges Bread/Margarine Milk	<b>9</b> Bourbon BBQ Meatloaf Mashed Potatoes Broccoli & Cheese Oatmeal Cookie Strawberry Applesauce Milk	<b>10</b> Smothered Beef Steak Roasted Potatoes Peas & Carrots Whole Grain Bread Mixed Fruit Milk	<b>11</b> Roast Turkey & Gravy Bread Stuffing Mashed Potatoes Green Beans & Corn Diced Pears Chocolate Milk	<b>12</b> Chicken Breast Parmesan Spinach Pasta Alfredo Tropical Fruit Milk
<b>15</b> Denver Omelet Home Fries Apple Crumble Whole Grain Bread Milk	<b>16</b> Cheeseburger Whole Grain Bun Roasted Potato Wedges Green Beans Applesauce Milk	<b>17</b> Chicken Bacon Macaroni & Cheese Broccoli Florets Whole Grain Bread Pineapple Milk	<b>18</b> Spaghetti & Meat Sauce Broccoli Florets Whole Grain Breadstick Margarine Chocolate Milk	<b>19</b> Hearty Beef Stew Apple Crumble Whole Grain Bread Margarine Grape Juice Milk
<b>22</b> BBQ Pulled Pork Whole Grain Bun Seasoned Black Beans Brussels Sprouts Tropical Fruit Milk	<b>23</b> Shepherd's Pie Balsamic Brussels Bread / Margarine Pineapple Milk	<b>24</b> Beef Ravioli Roasted Broccoli Italian White Beans Whole Grain Bread Tropical Fruit Milk	<b>25</b> Pan Fried Chicken Yukon Mashed Potato Southern Green Beans Bread / Margarine Oatmeal Cookie Chocolate Milk	<b>26</b> Sweet & Sour Pork Steamed Rice Asian Fried Vegetables Strawberry Applesauce Milk
<b>29</b> Chicken Marsala Mashed Potatoes Peas & Onions Bread / Margarine Mandarin Oranges Milk	<b>30</b> Chicken Burrito Bowl Seasoned Black Beans Fajita Vegetables Tortilla Tropical Fruit Milk	<b>1</b>	<b>2</b>	<b>3</b>



## 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*