

1-800-948-8330

NOVEMBER | 2025



LifeSpan Resources (all meals include ½ pint milk)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 BBQ Pulled Pork Whole Grain Bun Seasoned Black Beans Brussels Sprouts Tropical Fruit Milk	4 Shepherd's Pie Balsamic Brussels Bread / Margarine Pineapple Milk	5 Beef Ravioli Roasted Broccoli Italian White Beans Whole Grain Bread Tropical Fruit Milk	6 Pan Fried Chicken Yukon Mashed Potato Southern Green Beans Bread / Margarine Oatmeal Cookie Milk	7 Sweet & Sour Pork Steamed Rice Asian Fried Vegetables Strawberry Applesauce Milk
10 Chicken Marsala Mashed Potatoes Peas & Onions Bread / Margarine Mandarin Oranges Milk	11 Hearty Chili with Beans Twice Baked Potato Oyster Crackers Grape Juice Milk	12 Chicken Burrito Bowl Seasoned Black Beans Fajita Vegetables 603607 Tropical Fruit Milk	13 Pot Roast Mashed Potatoes Green Beans Bread / Margarine Oatmeal Cookie Mandarin Oranges Milk	14 BBQ Chicken Breast Baked Pork & Beans Cabbage & Apple Slaw Peaches Whole Grain Bun Milk
17 Bourbon BBQ Meatloaf Mashed Potatoes Broccoli & Cheese Oatmeal Cookie Strawberry Applesauce Milk	18 Cheeseburger Roasted Potato Wedges Green Beans Applesauce Mustard & Ketchup Milk	19 Lasagna Parmesan Broccoli Garlic Herb Breadstick Oatmeal Cookie Tropical Fruit Milk	20 Chicken Pot Pie Winter Blend Vegetables Peaches Lemon Snack Bar Milk	21 Pulled Pork Burrito Bowl Tortilla Mandarin Oranges Milk
24 Beefy Macaroni Casserole Roasted Zucchini Whole Grain Bread Peaches Milk	25 Supreme Pizza Bowl Applesauce Whole Grain Bread Margarine Milk	26 Roast Turkey & Gravy Bread Stuffing Mashed Potatoes Green Beans & Corn Diced Pears Milk	27 Closed	28 Closed



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