



DECEMBER | 2025

812-948-8330

LifeSpan Resources (all meals include ½ pint milk)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Grilled Chicken Breast Whole Grain Bun Roasted Potato Wedges Cinnamon Apples Mayonnaise Milk	2 Chicken Tenders Fiesta Beans & Corn Broccoli Florets Mandarin Oranges Bread/Margarine Milk	3 Denver Omelet Home Fries Apple Crumble Whole Grain Bread Milk	4 Chicken Breast Parmesan Spinach Pasta Alfredo Tropical Fruit Chocolate Milk	5 Bourbon BBQ Meatloaf Mashed Potatoes Broccoli & Cheese Oatmeal Cookie Strawberry Applesauce Milk
8 Smothered Beef Steak Roasted Potatoes Peas & Carrots Whole Grain Bread Mixed Fruit Milk	9 BBQ Pulled Pork Whole Grain Bun Seasoned Black Beans Brussels Sprouts Tropical Fruit Milk	10 Hearty Beef Stew Apple Crumble Whole Grain Bread Margarine Milk	11 Chicken Bacon Macaroni & Cheese Broccoli Florets Whole Grain Bread Pineapple Chocolate Milk	12 Cheeseburger Whole Grain Bun Roasted Potato Wedges Green Beans Applesauce Milk
15 Spaghetti & Meat Sauce Broccoli Florets Whole Grain Breadstick Margarine Grape Juice Milk	16 Chicken Marsala Mashed Potatoes Peas & Onions Bread / Margarine Mandarin Oranges Milk	17 Shepherd's Pie Balsamic Brussels Bread / Margarine Pineapple Milk	18 Beef Ravioli Roasted Broccoli Italian White Beans Whole Grain Bread Tropical Fruit Chocolate Milk	19 Pan Fried Chicken Yukon Mashed Potato Southern Green Beans Bread / Margarine Oatmeal Cookie Milk
22 Sweet & Sour Pork Steamed Rice Asian Fried Vegetables Strawberry Applesauce Milk	23 Bourbon BBQ Meatloaf Mashed Potatoes Broccoli & Cheese Oatmeal Cookie Strawberry Applesauce Milk	24 CLOSED	25 CLOSED	26 Hearty Chili with Beans Twice Baked Potato Oyster Crackers Grape Juice Milk
29 BBQ Chicken Breast Baked Pork & Beans Cabbage & Apple Slaw Peaches Whole Grain Bun Milk	30 Beefy Macaroni Casserole Roasted Zucchini Whole Grain Bread Peaches Milk	31 CLOSED	1 CLOSED	2 Cheeseburger Roasted Potato Wedges Green Beans Applesauce Mustard & Ketchup 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*