



JANUARY | 2026

812-948-8330

LifeSpan Resources (all meals include ½ pint milk)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
29 Beefy Macaroni Casserole Roasted Zucchini Whole Grain Bread Peaches Milk	30 Cheeseburger Potato Wedges Green Beans Applesauce Mustard & Ketchup Milk	31 Closed	1 Closed	2 Lasagna Parmesan Broccoli Garlic Herb Breadstick Oatmeal Cookie Tropical Fruit Chocolate Milk
5 Pulled Pork Burrito Bowl Tortilla Mandarin Oranges Milk	6 Supreme Pizza Bowl Applesauce Whole Grain Bread Margarine Milk	7 Grilled Chicken Breast Whole Grain Bun Potato Wedges Cinnamon Apples Mayonnaise Milk	8 Chicken Tenders Fiesta Beans & Corn Broccoli Florets Mandarin Oranges Bread/Margarine Chocolate Milk	9 Beef Burrito Salsa Verde Black Beans & Rice California Vegetables Peaches Milk
12 Spaghetti & Meatballs Italian Green Beans Whole Grain Bread Tropical Fruit Salad Milk	13 Smothered Beef Steak Roasted Potatoes Peas & Carrots Whole Grain Bread Mixed Fruit Milk	14 Roast Turkey & Gravy Bread Stuffing Mashed Potatoes Green Beans Diced Pears Milk	15 Denver Omelet Home Fries Apple Crumble Whole Grain Bread Chocolate Milk	16 Chicken Breast Parmesan Spinach Pasta Alfredo Tropical Fruit Milk
19 Closed	20 Chicken Bacon Macaroni & Cheese Broccoli Florets Whole Grain Bread Pineapple Milk	21 BBQ Pulled Pork Whole Grain Bun Seasoned Black Beans Brussels Sprouts Tropical Fruit Milk	22 Hearty Beef Stew Apple Crumble Whole Grain Bread Margarine Chocolate Milk	23 Spaghetti & Meat Sauce Broccoli Florets Whole Grain Breadstick Margarine Grape Juice Milk
26 Cheeseburger Whole Grain Bun Roasted Potato Wedges Green Beans Applesauce Milk	27 Sweet & Sour Pork Steamed Rice Asian Fried Vegetables Strawberry Applesauce Milk	28 Chicken Marsala Mashed Potatoes Peas & Onions Bread / Margarine Mandarin Oranges Milk	29 Shepherd's Pie Balsamic Brussels Bread / Margarine Pineapple Chocolate Milk	30 Beef Ravioli Roasted Broccoli Italian White Beans Whole Grain Bread Tropical Fruit 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