



FEBRUARY | 2026

812-948-8330

LifeSpan Resources (all meals include 1/2 pint milk)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
2 Pan Fried Chicken Yukon Mashed Potato Southern Green Beans Bread / Margarine Oatmeal Cookie Milk	3 BBQ Chicken Breast Baked Pork & Beans Cabbage & Apple Slaw Peaches Whole Grain Bun Milk	4 Bourbon BBQ Meatloaf Mashed Potatoes Broccoli & Cheese Oatmeal Cookie Strawberry Applesauce Milk	5 Hearty Chili with Beans Twice Baked Potato Oyster Crackers Grape Juice Chocolate Milk	6 Chicken Burrito Bowl Seasoned Black Beans Fajita Vegetables Tortilla Tropical Fruit Milk	 Promoting Independent Living for People of all Ages. A member of the Connect Alliance.
9 Pot Roast Mashed Potatoes Green Beans Bread / Margarine Oatmeal Cookie Mandarin Oranges Milk	10 Pulled Pork Burrito Bowl Tortilla Mandarin Oranges Milk	11 Beefy Macaroni Casserole Roasted Zucchini Whole Grain Bread Peaches Milk	12 Cheeseburger Roasted Potato Wedges Green Beans Applesauce Mustard & Ketchup Chocolate Milk	13 Lasagna Parmesan Broccoli Garlic Herb Breadstick Oatmeal Cookie 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 <i>Meals are planned to ensure low salt, low sugar & low fat</i>
16 Chicken Pot Pie Winter Blend Vegetables Peaches Lemon Snack Bar Milk	17 Spaghetti & Meatballs Italian Green Beans Whole Grain Bread Tropical Fruit Salad Milk	18 Supreme Pizza Bowl Applesauce Whole Grain Bread Margarine Milk	19 Grilled Chicken Breast Whole Grain Bun Potato Wedges Cinnamon Apples Mayonnaise Chocolate Milk	20 Chicken Tenders Fiesta Beans & Corn Broccoli Florets Mandarin Oranges Bread/Margarine Milk	
23 Beef Burrito Salsa Verde Black Beans & Rice California Vegetables Peaches Milk	24 Bourbon BBQ Meatloaf Mashed Potatoes Broccoli & Cheese Oatmeal Cookie Strawberry Applesauce Milk	25 Smothered Beef Steak Roasted Potatoes Peas & Carrots Whole Grain Bread Mixed Fruit Milk	26 Roast Turkey & Gravy Bread Stuffing Mashed Potatoes Green Beans Diced Pears Chocolate Milk	27 Denver Omelet Home Fries Apple Crumble Whole Grain Bread Milk	