



FEBRUARY | 2026

812-948-8330

LifeSpan Resources (all meals include ½ pint milk)

MONDAY

2
Pan Fried Chicken
Yukon Mashed Potato
Southern Green Beans
Bread / Margarine
Oatmeal Cookie
Milk

9
Pot Roast
Mashed Potatoes
Green Beans
Bread / Margarine
Oatmeal Cookie
Mandarin Oranges
Milk

16
Chicken Pot Pie
Winter Blend
Vegetables
Peaches
Lemon Snack Bar
Milk

23
Beef Burrito
Salsa Verde
Black Beans & Rice
California Vegetables
Peaches
Milk

TUESDAY

3
BBQ Chicken Breast
Baked Pork & Beans
Cabbage & Apple Slaw
Peaches
Whole Grain Bun
Milk

10
Pulled Pork Burrito
Bowl
Tortilla
Mandarin Oranges
Milk

17
Spaghetti & Meatballs
Italian Green Beans
Whole Grain Bread
Tropical Fruit Salad
Milk

24
Bourbon BBQ Meatloaf
Mashed Potatoes
Broccoli & Cheese
Oatmeal Cookie
Strawberry Applesauce
Milk

WEDNESDAY

4
Bourbon BBQ Meatloaf
Mashed Potatoes
Broccoli & Cheese
Oatmeal Cookie
Strawberry Applesauce
Milk

11
Beefy Macaroni
Casserole
Roasted Zucchini
Whole Grain Bread
Peaches
Milk

18
Supreme Pizza Bowl
Applesauce
Whole Grain Bread
Margarine
Milk

25
Smothered Beef Steak
Roasted Potatoes
Peas & Carrots
Whole Grain Bread
Mixed Fruit
Milk

THURSDAY

5
Hearty Chili with Beans
Twice Baked Potato
Oyster Crackers
Grape Juice
Chocolate Milk

12
Cheeseburger
Roasted Potato
Wedges
Green Beans
Applesauce
Mustard & Ketchup
Chocolate Milk

19
Grilled Chicken Breast
Whole Grain Bun
Potato Wedges
Cinnamon Apples
Mayonnaise
Chocolate Milk

26
Roast Turkey & Gravy
Bread Stuffing
Mashed Potatoes
Green Beans
Diced Pears
Chocolate Milk

FRIDAY

6
Chicken Burrito Bowl
Seasoned Black Beans
Fajita Vegetables
Tortilla
Tropical Fruit
Milk

13
Lasagna
Parmesan Broccoli
Garlic Herb Breadstick
Oatmeal Cookie
Tropical Fruit
Milk

20
Chicken Tenders
Fiesta Beans & Corn
Broccoli Florets
Mandarin Oranges
Bread/Margarine
Milk

27
Denver Omelet
Home Fries
Apple Crumble
Whole Grain Bread
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*