

812-948-8330

# APRIL | 2026



## LifeSpan Resources *(all meals include ½ pint milk)*

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

30	31	1 Spaghetti & Meatballs Italian Green Beans Whole Grain Bread Tropical Fruit Salad Milk	2 Supreme Pizza Bowl Applesauce Whole Grain Bread Margarine Chocolate Milk	3 Grilled Chicken Breast Whole Grain Bun Roasted Potato Wedges Cinnamon Apples Mayonnaise/Milk
6 Chicken Tenders Fiesta Beans & Corn Broccoli Florets Mandarin Oranges Bread/Margarine Milk	7 Chicken Breast Parmesan Spinach Pasta Alfredo Tropical Fruit Milk	Bourbon BBQ Meatloaf Mashed Potatoes Broccoli & Cheese Oatmeal Cookie Strawberry Applesauce Milk	5 Smothered Beef Steak Roasted Potatoes Peas & Carrots Whole Grain Bread Mixed Fruit Chocolate Milk	10 Roast Turkey & Gravy Bread Stuffing Mashed Potatoes Green Beans Diced Pears Milk
13 Denver Omelet Home Fries Apple Crumble Whole Grain Bread Milk	14 Spaghetti & Meat Sauce Broccoli Florets Whole Grain Breadstick Margarine Grape Juice Milk	15 Cheeseburger Whole Grain Bun Roasted Potato Wedges Green Beans Applesauce/Milk	16 Chicken Bacon Macaroni & Cheese Broccoli Florets Whole Grain Bread Pineapple Chocolate Milk	17 BBQ Pulled Pork Whole Grain Bun Seasoned Black Beans Brussels Sprouts Tropical Fruit Milk
20 Hearty Beef Stew Apple Crumble Whole Grain Bread Margarine Milk	21 Beef Ravioli Roasted Broccoli Italian White Beans Whole Grain Bread Tropical Fruit Milk	22 Pan Fried Chicken Mashed Potato Southern Green Beans Bread / Margarine Oatmeal Cookie Milk	23 Sweet & Sour Pork Steamed Rice Asian Fried Vegetables Strawberry Applesauce Chocolate Milk	24 Chicken Marsala Mashed Potatoes Peas & Onions Bread / Margarine Mandarin Oranges Milk
27 Shepherd's Pie Balsamic Brussels Bread / Margarine Pineapple Milk	28 Chicken Burrito Bowl Seasoned Black Beans Fajita Vegetables Tortilla Tropical Fruit Milk	29 Pot Roast Mashed Potatoes Green Beans Bread / Margarine Oatmeal Cookie Mandarin Oranges/Milk	30 BBQ Chicken Breast Baked Pork & Beans Cabbage & Apple Slaw Peaches Whole Grain Bun Chocolate Milk	31 Bourbon BBQ Meatloaf Mashed Potatoes Broccoli & Cheese Oatmeal Cookie Strawberry Applesauce 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*