

SEPTEMBER 2026

Lifespan Delivery Menu

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

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

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

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

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

7
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8 Pot Roast
Mashed Potatoes
Green Beans
Bread / Margarine
Oatmeal Cookie
Mandarin Oranges / Milk

9 Beefy Macaroni Casserole
Roasted Zucchini
Whole Grain Bread
Peaches
Milk

10 Cheeseburger
Roasted Potato Wedges
Green Beans
Applesauce
Mustard & Ketchup
Milk

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

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

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

16 Chef Salad
Low Fat Dressing
Wheat Crackers
Diced Pears
Oatmeal Bar
Milk

17 Supreme Pizza Bowl
Applesauce
Whole Grain Bread
Margarine
Milk

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

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

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

23 Smothered Beef Steak
Roasted Potatoes
Peas & Carrots
Whole Grain Bread
Pineapple
Milk

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

25 Denver Omelet
Home Fries
Apple Crumble
Whole Grain Bread
Milk

28 Chicken Breast Parmesan
Spinach Pasta Alfredo
Tropical Fruit
Milk

29 Cheeseburger
Whole Grain Bread
Roasted Potato Wedges
Green Beans
Applesauce
Milk

30 Chef Salad
Low Fat Dressing
Wheat Crackers
Diced Pears
Oatmeal Bar
Milk

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