



# OCTOBER 2026

## LifeSpan Resources Delivery Menu



Good Food  
Good Days!

| MONDAY                                                                                                                        | TUESDAY                                                                                                         | WEDNESDAY                                                                                                             | THURSDAY                                                                                                            | FRIDAY                                                                                                         |
|-------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------|
|                                                                                                                               |                                                                                                                 |                                                                                                                       | 1 Chicken Bacon<br>Macaroni & Cheese<br>Broccoli Florets<br>Whole Grain Bread<br>Pineapple<br>Milk                  | 2 Hearty Beef Stew<br>AppleCrumble<br>Bread &<br>Margarine<br>Milk                                             |
| 5 Spaghetti & Meat<br>Sauce<br>Broccoli Florets<br>Breadsticks<br>Margarine<br>Grape Juice<br>Milk                            | 6 Sweet & Sour Pork<br>Whole Grain Rice<br>Asian Fried<br>Vegetables<br>Strawberry<br>Applesauce<br>Milk        | 7 Chef Salad Wheat<br>Crackers Italian<br>Dressing<br>Chocolate Oatmeal Bar Pear<br>Cup<br>Chocolate Milk             | 8 Chicken Breast<br>Marsala<br>Mashed Potatoes<br>Peas & Onions<br>Bread & Margarine<br>Mandarin Orange Cup<br>Milk | 9 Beef Ravioli<br>Marinara<br>Roasted Broccoli<br>Italian White Beans<br>Bread<br>Tropical Fruit Cup<br>Milk   |
| 12 Oven Fried Chicken<br>Yukon Gold Mashed<br>Potatoes<br>Southern Green Beans<br>Bread & Margarine<br>Oatmeal Cookie<br>Milk | 13 BBQ Chicken Breast<br>Bun<br>Baked Pork & Beans<br>Cabbage & Apple Slaw<br>Peach Cup<br>Milk                 | 14 Bourbon BBQ<br>Meatloaf<br>Mashed Potatoes<br>Broccoli & Cheese<br>Oatmeal Cookie<br>Strawberry Applesauce<br>Milk | 15 Hearty Chili with<br>Beans<br>Twice Baked Potato<br>Oyster Crackers<br>Grape Juice<br>Chocolate Milk             | 16 Chicken Burrito Bowl<br>Seasoned Black Beans<br>Fajita Vegetables<br>Tortilla<br>Tropical Fruit Cup<br>Milk |
| 19 Pot Roast<br>Mashed Potatoes<br>Green Beans<br>Diced Pear Cup<br>Bread<br>Choc Chip Oat Bar<br>Milk                        | 20 Stir-Fry Chicken<br>Brown Rice<br>Vegetable Blend<br>Mandarin Orange Cup<br>Whole Grain Bread<br>Milk        | 21 Chef Salad<br>Wheat Crackers<br>Italian Dressing<br>Chocolate Oatmeal Bar<br>Pear Cup<br>Chocolate Milk            | 22 Pulled Pork<br>Burrito Bowl<br>Tortilla<br>Mandarin Orange Cup<br>Milk                                           | 23 Cheeseburger<br>Bun<br>Potato Wedges<br>Southern Green<br>Beans<br>Applesauce<br>Ketchup & Mustard<br>Milk  |
| 26 Lasagna<br>Parmesan Broccoli<br>Tropical Fruit Cup<br>Breadstick<br>Oatmeal Cookie<br>Milk                                 | 27 Beef Burrito<br>Salsa Verde<br>Black Beans & Rice<br>Rice/California<br>Vegetable Blend<br>Peach Cup<br>Milk | 28 Spaghetti & Meatballs<br>Italian Green Beans<br>Bread<br>Tropical Fruit Cup<br>Milk                                | 29 Supreme Pizza Bowl<br>Bread & Margarine<br>Applesauce<br>Chocolate Milk                                          | 30 Grilled Chicken Breast<br>Bun<br>Potato Wedges<br>Cinnamon Apples<br>Mayonnaise Packet<br>Milk              |

### News

Good nutrition  
helps you stay  
strong, healthy  
and independent!



Please let us know  
if you have any food  
allergies or special  
dietary needs.



Thank you  
for being a part  
of our LifeSpan  
family!



