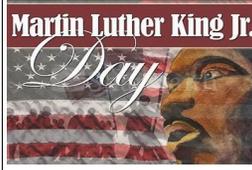




2019



Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p><i>LifeSpan would like to extend a sincere THANK YOU to everyone that baked/donated for our 9th Annual "Sweet Holiday Wishes Cookie Campaign". With your help, we collected and distributed over 6,300 cookies giving each of our 709 seniors a 1/2 dozen</i></p>		<p>1 CLOSED</p> 	<p>2 Teriyaki Beef Cubes w/sauce, wide noodles, broccoli florets, dinner roll, pineapple cuts, graham crackers Cal, 689</p>	<p>3 Sliced Turkey w/ gravy, confetti cous-cous w/tomatoes & zucchini, peas & pearl onions, bread, peach cuts Cal. 679</p>	<p>4 Beef Stuffed Cabbage w/tomato sauce, garlic whipped potatoes, carrot coins, rye bread, banana Cal. 681</p>	5
6	<p>7 Baked Cod w/ lemon wedge, au gratin potatoes, stewed tomatoes & green beans, strawberry fruit bar Cal. 677</p>	<p>8 Turkey Patty w/ sauce, haluski, spinach salad, wheat bread, fruit cocktail Cal. 671</p>	<p>9 Cider Beef Stew w/ celery, onions, carrots & potatoes, brown rice, wheat roll, orange Cal. 739</p>	<p>10 Chicken Breast w/ lemon herb sauce, gourmet potatoes, Italian green beans, wheat bread, peach cuts Cal. 600</p>	<p>11 Roast Beef w/ gravy, whipped potatoes, broccoli florets, dinner roll, gala apple, oatmeal raisin cookie Cal. 697</p>	<p>12 Mon Valley \$1000 Monthly Bingo</p> 
<p>13</p> 	<p>14 Turkey w/gravy, Spanish rice, carrot coins, wheat bread, orange Cal. 600</p>	<p>15 Boneless Pork w/ gravy, butternut squash, cauliflower florets, honey cracked wheat bread, fuji apple Cal. 556</p>	<p>16 Beef Meatballs w/ pasta sauce, bow ties, mixed vegetables, Italian bread, pineapple cuts Cal. 665</p>	<p>17 Chicken Thigh w/ gravy, parsley potatoes, broccoli florets, multi-grain bread, banana Cal. 748</p>	<p>18 Birthday Menu Pepper Steak w/ veggies & gravy, whipped potatoes, roll, applesauce cake Cal. 702</p>	<p>19</p> 
20	<p>21 CLOSED</p> 	<p>22 Shredded BBQ Beef, brown rice pilaf, midori vegetables, wheat bun, orange Cal. 680</p>	<p>23 Beef Meatloaf w/ gravy, garlic whipped potatoes, peas & pearl onions, rye bread, cinnamon applesauce Cal. 647</p>	<p>24 Boneless Chicken Breast in marinara sauce, scalloped potatoes, broccoli florets, roll, banana Cal. 616</p>	<p>25 Cod w/lemon pepper seasoning, macaroni & cheese, Italian green beans, multi-grain bread, gala apple Cal. 657</p>	26
27	<p>28 Chicken Breast w/ gravy, savory potatoes, peas & carrots, multi-grain bread, apricots Cal. 602</p>	<p>29 Roast Beef w/ gravy, whipped potatoes, green & yellow beans w/mushrooms, bread, apple, graham crackers Cal. 626</p>	<p>30 Turkey Ala King w/sauce, parsley potatoes, broccoli florets, honey cracked wheat bread, banana Cal. 613</p>	<p>31 Spiral Pasta w/ turkey meat sauce, tossed salad, wheat roll, pineapple cuts & mandarin oranges Cal. 697</p>	 <p><i>Best Wishes for a Happy, Healthy New Year from the Staff at LifeSpan Inc.</i></p>	