















Sun	Mon	Tue	Wed	Thu	Fri	Sat
		<p>1 Swiss Steak w/ tomato gravy, gourmet potatoes, peas w/ pearl onions, rye bread, orange Cal 758</p>	<p>2 <b>Birthday Menu</b> Beef Cabbage Roll w/ tomato sauce, horseradish potatoes, carrot coins, bread, pumpkin muffin Cal 768</p>	<p>3 Chicken Breast w/ lemon cream sauce, yams w/margarine &amp; brown sugar, stewed tomatoes &amp; zucchini, roll, banana Cal 621</p>	<p>4 Baked Cod, macaroni &amp; cheese, broccoli &amp; cauliflower, multi-grain bread, Gala apple, graham crackers Cal 659</p>	<p>5</p> 
<p>6</p> 	<p>7 Beef Teriyaki Meatballs w/gravy, scalloped potatoes, Midori blend, bread, pineapple &amp; Mandarin oranges Cal 706</p>	<p>8 Chicken Breast w/ marinara sauce, oven browned potatoes, Brussels sprouts, multi-grain bread, apple oranges Cal 670</p>	<p>9 Apple &amp; Spice Pork w/sauce, cooked spinach, wide noodles, wheat bread, orange Cal 666</p>	<p>10 Roast Beef w/ gravy, whipped potatoes, peas w/red pepper, dinner roll, peach slices, graham crackers Cal 636</p>	<p>11 Turkey Chili w/ black beans, corn &amp; shredded cheese, carrots w/parsley, brown rice, rye bread, banana Cal 728</p>	<p>12</p> 
<p>13</p>	<p>14 Turkey w/gravy, gourmet potatoes, broccoli, green &amp; red peppers, corn, bread, Macintosh apple Cal 624</p>	<p>15 Baked Cod w/ Creole sauce, Au Gratin potatoes, yellow beans, bread, fruit cocktail, graham crackers Cal 626</p>	<p>16 <b>Holiday Meal</b> Chicken Breast w/ lemon sauce, whipped potatoes w/chives, green beans, roll, Santa Brownie Cal 752</p>	<p>17 Bow Ties in beef meat sauce, boiled Swiss chard, Italian bread, banana Cal 660</p>	<p>18 Hearty Beef Stew w/potatoes, carrots, onions, &amp; celery, barley, rye bread, orange Cal 631</p>	<p>19</p> 
<p>20</p> 	<p>21 Beef Chili w/ kidney beans &amp; vegetables, wheat macaroni, beets, rye bread, pineapple cuts Cal 710</p>	<p>22 Open Face Turkey Sandwich w/gravy, whipped potatoes, seasoned green beans, multi-grain bread, orange Cal 600</p>	<p>23 Boneless BBQ Country Ribs, scalloped potatoes, cauliflower w/red pepper, wheat bread, banana Cal 624</p>	<p>24 <b>CLOSED</b> <b>Christmas Eve</b></p> 	<p>25 <b>CLOSED</b></p> 	<p>26</p> 
<p>27</p> 	<p>28 Sliced Turkey w/ gravy, confetti couscous, broccoli florets, bread, fruit cocktail, graham crackers Cal 636</p>	<p>29 Beef Stuffed Cabbage w/tomato sauce, garlic whipped potatoes, carrot coins w/ parsley, wheat bread, peach cuts Cal 658</p>	<p>30 Teriyaki Beef Cubes, w/sauce, wide noodles, cauliflower, Italian bread, pineapple cuts Cal 625</p>	<p>31 <b>CLOSED</b></p> 	<p><b>LifeSpan's 11th Annual Holiday Cookie Campaign. Donate 2-3 dozen holiday cookies NO later than Dec. 11th. Please call 412-464-1300 for drop off locations.</b></p>	