

Sun	Mon	Tue	Wed	Thu	Fri	Sat	
<p>LifeSpan will be participating in the <u>Highmark Virtual Walk for a Healthy Community</u> for 2021. Please help us reach our goal of \$10,000 this year! For more information, please contact Mike Dunn - 412-464-1300 ext 145 or mdunn@lifespanpa.org To Walk - Form a Team - or - Donate please visit : www.walkforahealthycommunity.org</p>						1	<p>KENTUCKY DERBY</p>
2	3 Salmon Patty, lemon wedge, Brussels sprouts, buttered noodles, bread, red delicious apple Cal 708	4 Roast Beef w/ gravy, brown rice pilaf, carrots & cauliflower, bread, orange Cal 638	5 Chicken Breast w/ orange glaze, gourmet potatoes, green beans & almonds, roll, Boston crème roll Cal 790	6 Ground Beef Meatloaf w/tomato gravy, garlic whipped potatoes, peas, bread, cantaloupe cuts Cal 705	7 Chicken Patty w/ mozzarella cheese, pasta w/tomato sauce, broccoli, tangerine Cal 752	8	
9	<p>10 Swiss Steak w/ tomato, onions & thin gravy, potatoes, vegetable medley, bread, orange Cal 654</p>	11 Pork Loin w/ Teriyaki sauce, brown rice pilaf, broccoli florets, bread, pineapple tidbits Cal 669	12 Roast Beef w/ gravy, couscous, steamed cabbage, wheat sandwich bun, yellow apple Cal 708	13 Grilled Chicken Breast, w/mushroom gravy, green beans, yams w/brown sugar, bread, peaches Cal 599	14 Birthday Menu Ground Beef Stuffed Pepper, potatoes, yellow squash & beans, jelly roll Cal 691	15	<p>ARMED FORCES DAY</p>
16	17 Pork Loin w/ gravy, whipped potatoes, mixed vegetables, dinner roll, pineapple Cal 729	18 Tuna Casserole w/ peas, beets, rye bread orange Cal 656	19 Ground Beef Porcupine Meatballs, broccoli, noodles,, wheat bread, apple Cal 725	20 Pepper Steak w/ onion-pepper sauce, savory potatoes, cooked spinach, wheat bread, pears Cal 626	21 Herb Baked Chicken Breast, gravy, stuffing, cranberry orange relish, green beans, banana, graham crackers Cal 640	22	
23	24 Turkey w/thin gravy, Yams w/brown sugar & margarine, Brussels sprouts, bread, apple Cal 615	25 BBQ Lean Beef w/wheat bun, Haluski, orange glazed carrot coins, fruit cocktail Cal 669	26 Boneless Pork Loin w/Dijon sauce, lemon potatoes, broccoli florets, bread, applesauce Cal 598	27 Springs w/Ground Beef Meatballs, Italian green beans. Italian bread, banana Cal 677	28 Grilled Chicken Breast w/lemon sauce, gourmet potatoes, peas w/pearl onions, bread, orange Cal 663	29	
30	<p>31 Memorial Day Hamburger w/ sandwich bun, baked beans, broccoli, apple Cal 687</p>						