



Accredited by 
National Institute of
Senior Centers



WE WILL BE CLOSED ON MONDAY
SEPTEMBER 1, 2025
IN OBSERVANCE OF LABOR DAY
WE WILL RESUME NORMAL HOURS ON
TUESDAY SEPTEMBER 2, 2025 AT 9 AM

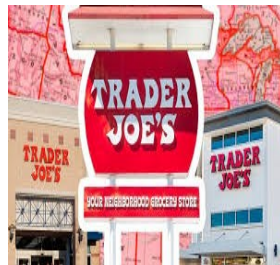
FLU SHOT CLINIC
TUESDAY SEPTEMBER 16, 2025
11 AM-1 PM

PROVIDED BY PATHWAYS WELLNESS.



SAVE THE DATE

HALLOWEEN PARTY: FRIDAY OCTOBER 31ST
FRIENDSGIVING: FRIDAY NOVEMBER 21ST
CHRISTMAS PARTY: FRIDAY DECEMBER 12TH
MORE DETAILS TO COME SOON!



LET'S GO SHOPPING AT TRADER JOES!

Shoppers say this grocery store offers a wide variety of unique products, including frozen meals, salads, and flowers at affordable prices.

FRIDAY SEPTEMBER 12, 2025
SIGN UP BY FRIDAY SEPTEMBER 5, 2025
WILL CALL WITH PICK UP TIMES



ARE YOU READY **Steelers**
FOR SOME FOOTBALL?

JOIN US FOR A TAILGATE PARTY AT THE LIFESPAN MON VALLEY ACTIVE LIFE CENTER ON
THURSDAY SEPTEMBER 4, 2025 (MUST HAVE PURCHASED A TICKET IN ADVANCE)

THE EVENT BEGINS AT 10 AM WITH SOME SWEET TREATS, FOLLOWED BY LUNCH, AND SOME TAILGATE SNACKS.

DJ MICK WILL BE PLAYING ALL YOUR FAVORITE SONGS TO HELP US CHEER ON THE PITTSBURGH STEELERS

FOR THEIR FIRST REGULAR SEASON GAME ON SUNDAY SEPTEMBER 7, 2025!

DON'T FORGET TO WEAR YOUR BLACK AND GOLD FOR A CHANCE TO WIN A DOOR PRIZE!

PITT UNIVERSITY STUDENTS WILL BE HERE TOO!

Daily Lunch Service:

Lunch is served daily promptly at 11:30 AM

Please arrive on time!

Lunch reservations must be made

2 days prior and before 12:00 PM!

A suggested donation of \$2.00 is appreciated!

This donation supports the nutrition services at your center.

Please note that special meals and holiday schedules may require more than 2 days advance reservations.

SAVE THE DATE!



LIFESPAN ACTIVE LIFE CENTERS ANNUAL FUNDRAISER

GET YOUR
SQUARE
TODAY!



Steelers

FOOTBALL POOL FUNDRAISER
2025-2026 season

\$5.00

PER SQUARE



1st & 3rd
Quarters - \$50

Halftime - \$100

Final - \$150

ALL PROCEEDS BENEFIT LIFESPAN CENTER SERVICES

ALL PAYMENTS GO TO AMY MARCIC OR MOLLIEANN GRAY

QUESTIONS CALL 412-664-5434

How to Pay? \$85 per Square or Payment Plan

(Covers Entire Season)

3 PAYMENTS FOR REGULAR SEASON GAMES

! All money due when
signing up for preseason!

PS Due	8/8	#1 Due	9/3	#2 Due	10/8	#3 Due	12/3
	\$15		\$30		\$30		\$25
1 -	8/9	1 -	9/7	8 -	10/26	14 -	12/7
2 -	8/16	2 -	9/14	9 -	11/02	15 -	12/15
3 -	8/21	3 -	9/21	10 -	11/09	16 -	12/21
		4 -	9/28	11 -	11/16	17 -	12/28
		6 -	10/12	12 -	11/23	18 -	TBD
		7 -	10/16	13 -	11/30		

**MUST KEEP ALL
SQUARES FOR ALL
3 PRESEASON GAMES**

POST SEASON DATES & PAYMENT WILL BE ANNOUNCED LATER

TICKETS ON SALE NOW



POOL



LET'S GO BUCS

WE ARE GOING TO

THE PIRATE GAME

WEDNESDAY SEPTEMBER 17, 2025

12:35 PM SECTION 103

SUNDAY SEPTEMBER 21, 2025

1:35 PM SECTION 103

\$35 PER GAME/\$5 LOADED VALUE

PER GAME. SIGN UP TODAY!



Celebrating September as
National Senior Center Month



Senior Center Appreciation Month is celebrated in September.

It's a time to recognize the vital role senior centers play in older adults' lives by providing programs, activities, and a positive community environment for aging well.

Why it's celebrated: It serves as an opportunity to promote the positive image of aging and showcase the valuable services offered by senior centers to older adults and their communities

“FALL IN LOVE WITH LIFESPAN”

ON WEDNESDAY SEPTEMBER 10, 2025 FROM 10 AM-1 PM

MIKEY DEE WILL BE PERFORMING SOME OF YOUR FAVORITE SONGS AS LUNCH IS SERVED. THIS IS A FREE EVENT, BUT AS ALWAYS, A \$2 SUGGESTED

DONATION FOR LUNCH IS APPRECIATED AND YOU MUST BE SIGNED UP BY TUESDAY SEPTEMBER 2, 2025



WE ARE HAVING AN END OF SUMMER

HOAGIE/PIZZA FUNDRAISER!

WE ARE SELLING A VARIETY OF MARIANNA'S

HOAGIES AND PIZZAS FOR \$10 EACH

ALL HOAGIES ARE 14 INCH AND PIZZAS ARE 12 INCH.

ALL THE FRESH HOAGIE TOPPINGS ARE

INDIVIDUALLY VACUUM SEALED IN EVERY HOAGIE.

TURN IN ALL ORDERS WITH CASH OR CHECK MADE

OUT TO LIFESPAN TO THE FRONT DESK BY

FRIDAY SEPTEMBER 12, 2024

PICK UP WILL BE

TUESDAY SEPTEMBER 23, 2024

AT 1 PM AT LIFESPAN

4314 WALNUT STREET MCKEESPORT, PA 15132

ANY QUESTIONS ASK AMY (412) 664-5434



**LAST CHANCE
TO ORDER
UNTIL NEXT
YEAR**



Destination: Zoo Walks (Pittsburgh Zoo & Aquarium)

Address: 7370 Baker Street Pittsburgh, PA 15206 Phone: (412) 665-3640

Date: Wednesday September 3rd

Sign up by: Thursday August 28th

Description: You and a guest can receive FREE admission to the Zoo & Aquarium if you are a UPMC for LIFE MEMBER.

Please be ready to present your member ID card at check-in.

Pick up Time: 8:30 AM (Must arrive between 9 AM-11 AM to receive FREE admission) but TBD by Access

Return Time: 2:30 PM but TBD by Access

***Both you and your guest must be registered with OPT or Access.**

14" FAMOUS HOAGIES

Made On a Freshly Baked Italian Roll



ITALIAN
Peppered Ham, Capicola Ham, Genoa Salami, Provolone Cheese, Mild Pepper Rings, Marianna's Own Italian Dressing



ALL AMERICAN
Cooked Salami, Ham, Bologna, American Cheese, Marianna's Own Italian Dressing



HAM & SWISS
Virginia Baked Ham, Swiss Cheese, Pickles, Horseradish Sauce, Marianna's Own Italian Dressing



HAM CLUB
Cooked Sliced Bacon, Imported Ham, Virginia Baked Ham, American Cheese, Pickles, Marianna's Own Sweet & Sassy Mayo



TRADITIONAL
Imported Ham, Genoa Salami, Provolone Cheese, Mild Pepper Rings, Marianna's Own Italian Dressing



SWEET LEBANON BOLONIA
Setzer's Double Smoked Sweet Lebanon Bologna, American Cheese, Mild Pepper Rings, Marianna's Own Sweet & Sassy Mayo



ROAST BEEF
Roast Beef, Provolone Cheese, Pickles, Horseradish Sauce, Marianna's Own Italian Dressing



SMOKED HAM & CHEDDAR
Smoked Ham, Cheddar Cheese, Mild Pepper Rings, Marianna's Own Sweet & Sassy Mayo



TURKEY
Roasted Turkey Breast, Provolone Cheese, Pickles, Mayonnaise, Marianna's Own Italian Dressing



THREE CHEESE
Provolone, American, and Swiss Cheese, Mild Pepper Rings, Pickles, Marianna's Own Italian Dressing

NEW
With SETZER'S.
Smokehouse Meats



12" PIZZAS

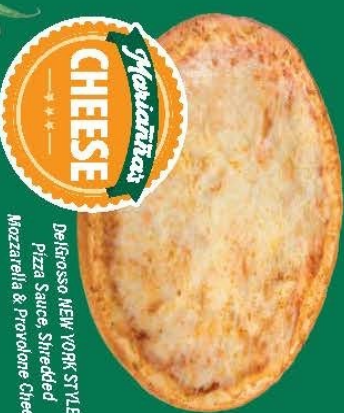
Made on Mariannas Own Freshly Baked Crust



PEPPERONI
DelGrosso NEW YORK STYLE Pizza Sauce, Shredded Mozzarella & Provolone Cheese, Pepperoni



WHITE
Shredded Mozzarella & Provolone Cheese, Olive Oil Blend, Tomatoes, Onions, Mild Pepper Rings, Green Peppers, Herbs, Spices



CHEESE
DelGrosso NEW YORK STYLE Pizza Sauce, Shredded Mozzarella & Provolone Cheese

All Hoagies Include: Lettuce, Tomato, and Onions, except Ham Club (No Onions).
For complete nutritional and allergen information, visit our website at mariannasfundraisers.com

www.MariannasFundraisers.com



MONDAY



JOIN US EVERY MONDAY!



Stay Active
& Independent
for Life (SAIL)

10 AM-10:45 AM

S.A.I.L. EXERCISE



JOIN THE CARD CLUB

EVERY MONDAY

AT 11 AM

12:00 PM MEMBERSHIP BINGO

(\$5 PACKAGE INCLUDES:

2 BOARDS, 3 SPECIALS AND

A JACKPOT)

ADDITIONAL CARDS ARE \$.50

Women Billiards Instructor Lead

EVERY Monday 12:30 PM



Mexican Train

Come And Join In

Monday's 2:00 PM Right



RIVERS CASINO TRIP

MONDAY SEPTEMBER 29, 2025

SIGN UP BY

MONDAY SEPTEMBER 22, 2025

WILL CALL WITH PICK UP TIMES



AARP Driving Safety Class

Date: Monday 09/15/25 and Wednesday 09/17/25

Time: 12 PM-4 PM both days. This is an 8-hour course in 2 days.

Cost: \$20 for AARP members, \$25 for NON-AARP members. Payment is due on the day of the class.

Checks are preferred.

Make checks out to AARP.

Sign up by: Wednesday 09/10/25

Description: Take the AARP Driver Safety Classroom Course! Learn proven safety strategies to maintain your confidence behind the wheel.

***Plus, you could get a great discount of up to 5% depending on your car insurance for 3 years.**

(You must consult with your insurance agent)



FLU SHOT CLINIC
TUESDAY SEPTEMBER 16, 2025
11 AM-1 PM
PROVIDED BY PATHWAYS WELLNESS.



DRUMMING WITH NORMA AT 10 AM!
NEW ROUTINES EVERY WEEK! JOIN US
TUESDAY IN SEPTEMBER 09/02, 09/09,
09/16, 09/23 AND 09/30.



12:15 PM PLAY
PENNY POKENO
(BRING YOUR OWN PENNIES)



PITTSBURGH ZOO
& PPG AQUARIUM

WEDNESDAY

Destination: Zoo Walks (Pittsburgh Zoo & Aquarium)
 Address: 7370 Baker Street Pittsburgh, PA 15206 Phone: (412) 665-3640
 Date: Wednesday September 3, 2025
 Sign up by: Thursday August 28, 2025
 Description: You and a guest can receive FREE admission to the Zoo & Aquarium if you are a
UPMC for LIFE MEMBER.

Please be ready to present your member ID card at check-in.
 Pick up Time: 8:30 AM (Must arrive between 9 AM-11 AM to receive FREE admission) but TBD by Access



Comfort Keepers

10:30 AM - 11:30 AM Coloring,
 Coffee, & Conversation
Supplies + Light Snack

COMFORT KEEPERS

Date: Wednesday September 24, 2025

Time: 10:45 AM

Meet staff from Comfort Keepers, which is the leading provider of in-home care. They offer customized services to meet the unique needs of everyone. They help seniors and other adults who need assistance to live and thrive,

12:00 PM - 2:00 PM
LCR Dice game
(need nickels)





ADVISORY COMMITTEE MEETING IS

Wednesday September 17th @ 12:15 PM



PODIATRIST 2nd Wednesday of Every Month

Date: Wednesday September 10, 2025 | Time: 12:30 PM

Sign up in advance is recommended, walk-ins taken.

You will need your *insurance card*, as they do bill your insurance. You may be responsible for copay/co-insurance/deductible depending on your plan. *Insurance covers every 60 days for nail care*. If you wish to be seen before 60 days, you can self-pay. *They provide on site foot care (nail trimming, callouses, in grown nails and more!)*.



THURSDAY

10:00 AM - 10:45 AM SAIL Exercise

10:00 AM - 10:45 AM SAIL Exercise

12:00 PM - 1:30 PM Member Bingo

All cards are 25¢ each

5 Regular Games

2 Specials and 1 Jackpot



ALTRUISTIC HEALTH CARE WILL
BE HERE ON THURSDAY
SEPTEMBER 11, 2025 AT
10:45 AM
BE HERE TO LEARN WHAT THEY
ARE ALL ABOUT!

KNITTING/CROCHET CLUB

Dates: 2nd and 4th Thursday
of every month

September 11th & September 25th

Time: 11:00 AM - 1:00 PM

FRIDAY AT LIFESPAN

Wanna go to PHIPPS CONSERVATORY
JUNGLE QUEST FLOWER SHOW ON
FRIDAY September 19, 2025

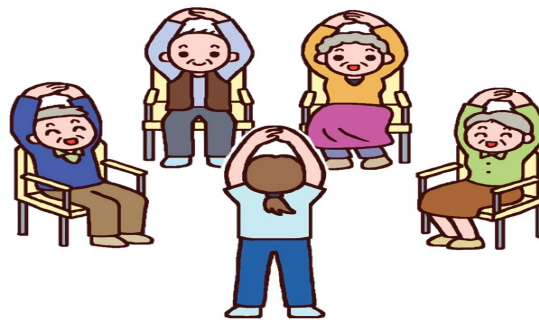


Cost: \$20 per person/PAY AT LIFESPAN

Sign Up by: Thursday September 11, 2025

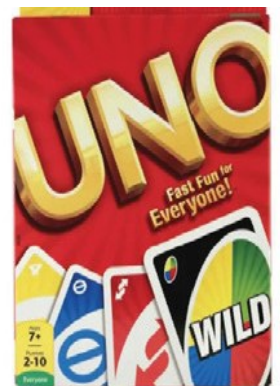
OPT PICKUP AT 9:30 AM, OPT RETURN 1:00 PM

But TBD by Access



11:00 AM - 11:30 AM Metro chair exercises

12:00 PM - 2:00 PM UNO Card game



LET'S GO SHOPPING AT TRADER JOES!

Shoppers say this grocery store offers a wide variety of unique products, including frozen meals, salads, and flowers at affordable prices.

FRIDAY SEPTEMBER 12, 2025

SIGN UP BY FRIDAY SEPTEMBER 5, 2025

WILL CALL WITH PICK UP TIMES

ON THE MOVE

WALKING CLASS WITH AMY

FRIDAY SEPTEMBER 12TH, 19TH, AND 26TH

Time: 10:00 AM-10:45 AM

*This is a FREE exercise program
developed by physical therapists
to improve walking and balance.*

onthemove

Group Exercise for Improved Mobility in Older Adults®

Walking is important for maintaining independence and preventing falls.

**Improve the quality of your walking
by joining an On the Move group
exercise program.**

WHO IS THE PROGRAM FOR?

People who:

- > Want to improve their walking or balance
- > Are fearful of falling
- > Have chronic conditions such as arthritis, heart disease, or diabetes
- > Can walk on their own but may be unsteady or have some difficulty
- > Want to exercise and have fun



RESTAURANT TRIP FOR THE MONTH OF SEPTEMBER

FORTUNE STAR BUFFET & GRILL



ENJOY A DELICIOUS BUFFET AT
THE FORTUNE STAR BUFFET & GRILL
AT 4070 WILLIAM PENN HWY, MONROEVILLE
TUESDAY SEPTEMBER 30TH.
SIGN UP BY MONDAY SEPTEMBER 22ND
WILL CALL WITH PICK UP TIMES

ROOTBEER FLOAT DAY

Date: Monday September 22

AVAILABLE AT LUNCHTIME

Cost: \$2 or 1 PERK FOR 1 FLOAT

Sign Up By: Thursday September 18



FIRST DAY OF FALL

MONDAY SEPTEMBER 22

FALL WEATHER

IT IS THE SUMMER'S GREAT
LAST HEAT, IT IS THE FALL'S
FIRST CHILL: THEY MEET

-SARAH MORGAN BRYAN PIATT



PERK DAY



BREAKFAST WITH AMY AND KERRI

USE YOUR PERK CATD

DATE: WEDNESDAY OCTOBER 1ST AT 9:30 AM

CEREAL, EGGS, BACON, SAUSAGE, TOAST, BAGELS,

COFFEE, TEA, AND ORANGE JUICE

SIGN UP BY THURSDAY SEPTEMBER 25

DECORATE COOKIES WITH KERRI

ON WEDNESDAY OCTOBER 1ST

AT 12:30 PM

SIGN UP BY THURSDAY

SEPTEMBER 25TH



CRAFTS WITH AMY AND KERRI



MAKE THIS CANDY CORN BROOM

MONDAY SEPTEMBER 29TH

AT 12:30 PM

**(YOU MUST SIGN UP IN ADVANCE SO
THE MATERIALS CAN BE PURCHASED)**

SIGN UP BY WEDNESDAY

SEPTEMBER 24TH

**MAKE THIS CANDLE HOLDER
WEDNESDAY SEPTMEBER 24TH**

AT 12:30 PM

**(YOU MUST SIGN UP IN ADVANCE SO
THE MATERIALS CAN BE PURCHASED)
SIGN UP BY FRIDAY SEPTEMBER 19TH**





Accredited by
National Institute of
Senior Centers 2025



LifeSpan
Together We Can!

10th
Annual

LIFESPAN IS A NON-PROFIT ORGANIZATION

CAR SHOW

ALL CARS & TRUCKS ARE WELCOME!

4313 Walnut Street, McKeesport, PA 15132

SATURDAY - SEPTEMBER 13th

RAIN DATE: SATURDAY SEPTEMBER 20th

ENTRY FEE: \$8

LIVE DJ
TROPHIES
BAKE SALE
FOOD & DRINKS
DASH PLAQUES
RAFFLES

TIMES

PRE-REGISTRATION: 10am-12pm

SHOW: 12pm-4pm

TROPHIES: 3:15pm

RAFFLES & DRAWINGS ANNOUNCED*: 3:30pm

MUST BE PRESENT

CONTACT

Jerry Stankovich
412-310-4656

Amy Marcic
412-664-5434

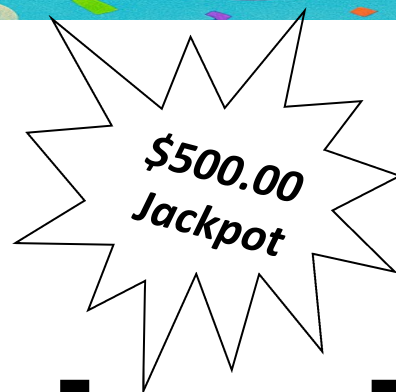


INDOOR AIR CONDITIONED SEATING FOR 100 W/ TV'S

ALL PROCEEDS BENEFIT LIFESPAN MON VALLEY ACTIVE LIFE CENTER



LifeSpan
Together We Can!



\$1000 BINGO & Lunch

**PAYOUT: \$15 REGULAR GAMES, \$50 SPECIALS AND
\$500 JACKPOT!**

Saturday SEPTEMBER 20, 2025

\$25.00

Doors Open at 10:00 AM—Bingo starts at 12:00 PM

Ticket Includes: Lunch, Bingo Package and Door Prize Entry

Bingo Package Includes: 6 paper board/20 sheets for all regular games,
3 paper board/5 sheets for all specials

Olympia Shopping Center-4313 Walnut St.

McKeesport 15132 (412) 664-5434

All Proceeds Benefit LifeSpan Mon-Valley active life center at Olympia

MARK YOUR CALENDARS

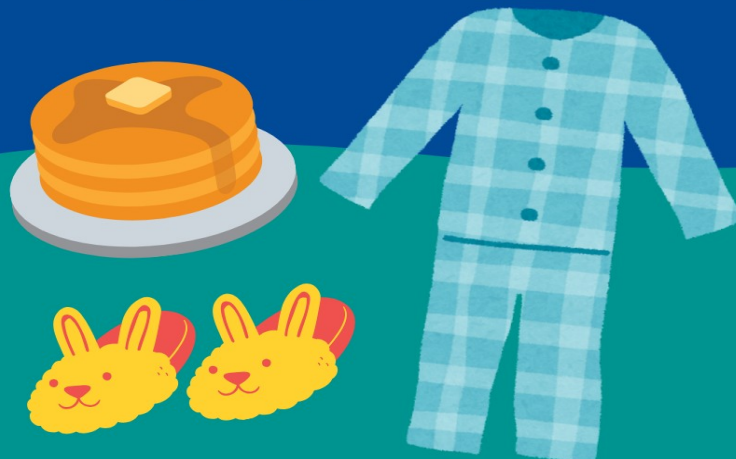
PAJAMA PARTY BINGO

October 10th, 2025
\$20 per person

Breakfast served at 9:30 AM
Bingo starts at 10:30 AM
20 regular games - \$10 winnings
4 special games - \$30 winnings
\$300 Jackpot

Wear Pajamas for a bonus \$5
package!

The center will not be serving lunch or
holding regular activities.



TICKETS ON SALE NOW



ACTION AGAINST HUNGER

OUR SERVICES

Just Harvest gets real results for those struggling to put food on the table. Our services – provided to Allegheny County households for **FREE** – reduce hunger by boosting income and access to healthy food.



SNAP / FOOD STAMPS

The Supplemental Nutrition Assistance Program (or “food stamps”) is a public benefit that can supplement your food budget. Just Harvest helps hundreds of eligible families apply for these benefits each year. We also assist with LIHEAP and medical assistance!

For a 5-minute eligibility screening and help completing your application over the phone call us at (412) 431-8960 option 3.



BENEFITS CASE ADVOCACY

Food Stamps
LIHEAP
Cash Assistance (TANF)
Are you having trouble applying for or receiving these public assistance programs through the PA Department of Human Services?

Call our advocates at
(412) 431-8960 option 3.



TAX HELP

Don't lose your tax refund to commercial tax preparers! From **January to April** each year, Just Harvest provides free **IRS-certified tax preparation assistance to low-income Allegheny County households.** We have day, evening, and Saturday hours and offer online assistance.

Learn more about eligibility and appointment scheduling at justharvest.org/free-tax-prep.



FRESH ACCESS

At 20 area farmers markets and farm stands in the Pittsburgh area, open May to November, our kiosk allows customers to shop with food stamps using their ACCESS/EBT card to purchase a variety of fresh produce, baked goods, meat, and dairy products. We also provide food stamp shoppers with **Food Bucks** to help them afford fruits and vegetables at the markets. Credit and debit cards can also be used.

To find a participating market near you go to justharvest.org/fresh-access or call us at (412) 431-8960.



FRESH CORNERS

This healthy corner store initiative partners with local store owners in areas of Allegheny County that lack supermarkets. **Eleven Fresh Corners stores provide convenient, affordable access to fresh, nutritious foods.** Several of these stores also provide **Food Bucks** to help SNAP shoppers purchase more fresh produce.

To find a participating market near you go to justharvest.org/fresh-corners or call us at (412) 431-8960.

You can learn more about these **free** programs at justharvest.org/get-help

SEE AMY TO SET UP AN ACCESS TRIP FROM
THE LIFESPAN MON VALLEY ACTIVE LIFE CENTER
MUST SIGN UP BY OCTOBER 17, 2025



DENTAL - HEARING - VISION



Friday & Saturday, October 24-25, 2025

David L. Lawrence Convention Center • 1000 Fort Duquesne Blvd • Pittsburgh, PA 15222

NO ELIGIBILITY REQUIREMENTS OR INSURANCE NEEDED-AGES 2 +

DENTAL



X-rays
Cleanings
Fillings
Select root canals
Limited extractions

NO BRIDGES, NO CROWNS, NO FULL DENTURES

HEARING



Hearing evaluations
Free hearing aids
Hearing aid fittings
Hearing aid troubleshooting & repair
Hearing protection

VISION



Visual Acuity Screenings - Glasses Prescriptions- Free Glasses



DOORS OPEN AT 6:00 AM | CLINIC BEGINS AT 7:00 AM

WALK IN ONLY - NO APPOINTMENTS

First come, first served basis. Doors close when capacity reached.

SCAN HERE TO LEARN MORE OR VISIT WWW.MOMPGH.ORG



OHIO STAR THEATER

A CHRISTMAS CAROL LIVE

**TUESDAY,
DECEMBER 2ND**

\$90 per person

Includes:

Coach Bus Transportation
Light Lunch at Dutch Valley Restaurant
Live Showing of a Christmas Carol

**Be at LifeSpan for
pickup at 8:00 AM**

**Sign Up and Pay by
Friday, November 14th**

Fall

V	T	L	H	Y	H	V	X	D	F	P	A	U	V	G
S	S	E	V	A	E	L	J	F	R	A	L	F	N	G
E	X	J	I	P	L	K	P	A	Z	U	U	Y	U	P
P	O	A	U	P	N	L	R	E	P	T	O	X	C	P
T	F	Y	C	F	X	I	O	U	F	U	D	G	S	S
E	D	H	U	I	Q	G	K	W	T	M	C	T	A	R
M	V	P	S	H	D	H	H	P	E	N	O	R	U	G
B	L	S	Q	C	D	E	A	X	M	E	R	A	K	E
E	D	I	R	Y	A	H	R	E	N	U	N	O	O	T
R	E	H	K	B	P	R	V	I	O	C	P	E	C	P
V	T	S	N	K	P	A	E	E	F	A	Z	Q	T	A
S	V	H	S	U	L	D	S	C	E	N	M	W	O	Q
H	I	J	T	D	E	P	T	W	R	F	O	T	B	V
W	V	C	Q	P	S	L	V	Y	X	O	U	B	E	Q
N	M	Q	R	E	B	M	E	V	O	N	W	T	R	S


ACORN
APPLES
AUTUMN
BONFIRE
CIDER
CORN
GOURD

HALLOWEEN
HARVEST
HAY RIDE
LEAVES
NOVEMBER
OCTOBER
PIE

PUMPKIN
RAKE
SCARECROW
SEPTEMBER
TURKEY

LifeSpan Together We Care!

September 2025

Mon	Tue	Wed	Thu	Fri
1 CENTERS CLOSED 	2 Pub Steak Cheeseburger (1 Beef Patty, 1 SI Cheese) 1/2 C Broccoli w/Ranch Dip 1/2 C Roasted Potato Wedges 1 WW Sandwich Roll, Ketchup Fresh Apple Cal 889	3 Hawaiian Chicken (1 Chicken Breast, Pineapple, Sweet and Sour Sauce) Margarine 1/2 C Stir Fried Veggies 1/2 C Coconut Brown Rice 1/2 C Tropical Fruit Cal 620	4 Stuffed Pepper (1 Stuffed Pepper w/Meat Sauce) 1/2 C Broccoli 1/2 C Mashed Potatoes WW Bread w/Margarine 1 SI Pound Cake w/1/4 C Peaches Cal 810	5 Greek Salad w/Salmon (1 Salmon Filet) Salad (2 C Romaine Lettuce, 2 TBSP Tomatoes, Feta Cheese, 2 TBSP Black Olive) & Dressing 1 C Fresh Onion Soup WW Bread w/Margarine Fresh Orange Cal 735
8 Broccoli Cheese Stuffed Chicken (1 Stuffed Chicken Breast) 1/2 C Peas & Pearl Onions 1/2 C Rosemary Roasted Potatoes WW Bread w/Margarine 1/2 C Fresh Fruit Salad Cal	9 Sausage & Peppers (1 Sausage Link w/Tomato Sauce) 1/2 C Diced Potatoes 1/2 C Peppers & Onions 1 WG Hoagie Roll 1/2 C Jello Cal 843	10 SPECIAL MENU BEEF PEPPER STEAK PEPPERS AND ONIONS BUTTERED EGG NOODLES ROASTED BABY CARROTS APPLE CRISP	11 Grilled Chicken Salad (1/2 C Grilled Chicken) Salad & Dressing (Lettuce, Tomato, Cucumber) 1 C Tomato Soup 1/2 C Macaroni & Cheese 1/2 C Peach Applesauce Cal 601	11 Vegetable Lasagna (1 Piece Lasagna, Mozzarella Cheese) 1/2 C Carriflower & Peas 1 C Tossed Salad w/Dressing WW Bread Oatmeal Cookie Cal 729
15 Breaded Dill Chicken Sandwich w/ WW Roll (Mayo Packet) (1 Breaded, Dill Chicken Breast) 1/2 C Tomato Cucumber Salad 1/2 C Chickpea, Kale, Edamame Quinoa Blend Fresh Cantaloupe Cal 730	16 Petite Beef Tenderloin Marsala (1 SI Beef w/Marsala Sauce) 1/2 C Carrots 1/2 C Mashed Potatoes WW Bread w/Margarine 1 Fresh Pear Cal 712	17 Chicken Avocado Salad (3/4 C Diced Chicken) Salad (2 C Lettuce, 2 Tbsp Tomatoes, 1 Tbsp Cucumber, 1/4 Avocado) & Dressing 1 C Sweet Pepper Beef Soup WW Bread w/Margarine 1/2 C Diced Pineapple Cal 651	18 Lemon Pepper Cod (1 Cod Filet) 1/2 C Broccoli 1/2 C Parmesan Penne Pasta 1 SI Banana Bread w/Margarine Fresh Apple Cal 716	19 Stuffed Cabbage Roll (1 Cabbage Roll) 1/2 C Mashed Potatoes 1/2 C Green Beans WW Bread w/Margarine 1/2 C Greek Yogurt w/1/4 C Peaches Cal 634
22 Meatloaf with Gravy (1 SI Meatloaf with Gravy) 1/2 C Mashed Potatoes 1/2 C Green Beans WW Bread w/Margarine 1/2 C Jello Cal 658	23 Turkey & Smoked Gouda Sandwich w/Mustard Pnt. (3 SI Turkey, 1 SI Cheese, WW Roll) 1/2 C Coleslaw 1 C Mediterranean Vegetable Soup 1/2 C Fresh Grapes Cal 632	24 Meat Lasagna (1 SI Lasagna) 1 C Tossed Salad w/Dressing 1/2 C Italian Veggie Blend 1 WG Breadstick 1 Chocolate Chip Cookie Cal 666	25 BBQ Chicken (1 Chicken Breast, BBQ Sauce) 1/2 C Sautéed Greens 1/2 C Buttered Churwagon Corn WW Breads w/Margarine 1/2 C Strawberry Applesauce Cal 602	26 French Onion Beef Sandwich (3/4 C Beef, Swiss Cheese, Balsamic Onions, WW Sandwich Roll) 1/2 C Italian Baby Baked Potatoes 1/2 C Buttered Carrots 1/2 C Fresh Fruit Cal 678
29 Raspberry BBQ Chicken (1 Grilled Chicken Breast) 1/2 C Succotash 1/2 C Roasted Sweet Potatoes 1 WW Sandwich Roll w/Margarine 1/2 C Fresh Watermelon Cal 655	30 Swiss Steak (1 Beef Patty, Tomato Gravy) 1/2 C Broccoli 1/2 C Mashed Potatoes WW Bread w/Margarine 1/2 C Chocolate Pudding Cal 726	