

Menus for Fall 2019 Lifespan Academy

September 12th - Sausage & meatballs with baked ziti, salad, garlic bread & assorted mini desserts

September 19th - Parmesan crusted chicken, roasted potatoes, steamed broccoli, salad, rolls and strawberry shortcake

September 26th - Beef tips, egg noodles, sautéed zucchini and squash, salad, rolls and strawberry shortcake

October 3rd - Chicken pot pie, rice, corn, salad, rolls and strawberry shortcake

October 10th - Meatloaf, mac and cheese, mixed vegetables, salad, rolls and apple pie

October 17th - Fried chicken, mashed potatoes, green beans, salad, rolls and banana pudding

October 24th - Pulled pork, rice pilaf, glazed carrots, salad, rolls and key lime tarts

October 31st - Chicken marsala, roasted potatoes, broccoli, salad, rolls and cheesecake