



Sixty & Better Activity Center Menu

June 2019

Cycle 2, 2019

Monday	Tuesday	Wednesday	Thursday	Friday
Baked Potato Half Beef and Bean Chili Parslied Carrots Saltine Crackers Frosted Cherry Gelatin Milk Margarine and Sour Cream Diet - Gelatin Cal: 607 Fat: 22g 3	Chicken and Sausage Jambalaya Squash Medley Mixed Greens Cornbread Caramel Vanilla Pudding Milk Margarine Diet - Vanilla Pudding Cal: 832 Fat: 31g 4	Sweet and Sour Pork Brown Rice Japanese Vegetables Fortune Cookie Fresh Banana Milk Diet - Same Cal: 789 Fat: 28g 5	Turkey Breast with Gravy Mixed Vegetables Rosemary Potatoes Dinner Roll Fresh Fruit Birthday Cake Milk Margarine Diet - Same Cal: 775 Fat: 22g 6	Hamburger Patty* Lettuce/Tomato/Onion Sweet Potato Tots Hamburger Bun Cranapple Cobbler Milk Mayonnaise and Mustard Diet - Pineapple Tidbits Cal: 843 Fat: 28g 7
Sausage with Red Beans Cajun Rice Okra and Tomatoes Cornbread Oatmeal Cream Cookie Milk Margarine Diet - Same Cal: 898 Fat: 31g 10	Sloppy Joe Whole Kernel Corn Summer Vegetables Hamburger Bun Banana Pudding Milk Diet - Vanilla Pudding Cal: 823 Fat: 24g 11	Country Captain Chicken Breast Macaroni and Cheese Country Vegetables Whole Wheat Bread Fruited Lemon Gelatin Milk Margarine Diet - Fruited Gelatin Cal: 706 Fat: 18g 12	Tuna Tetrazzini Tossed Salad Herbed Green Beans Dinner Roll Apple Cobbler Milk Margarine Ranch Salad Dressing Diet - Sliced Pears Cal: 843 Fat: 29g 13	Father's Day Meal Swiss Steak* Twice Whipped Potatoes Cucumber Onion Salad Dinner Roll Peach Cobbler Milk Margarine Diet - Spiced Peaches Cal: 904 Fat: 35g 14
Meatloaf* Tomato Gravy Garlic Whipped Potatoes Catalina Vegetables Whole Wheat Bread Gingerbread Cookie Milk Margarine Diet - Same Cal: 652 Fat: 21g 17	Turkey Pasta Bolognese Sliced Carrots Cauliflower Dinner Roll Fruited Strawberry Gelatin Milk Margarine Diet - Fruited Gelatin Cal: 672 Fat: 18g 18	Juneteenth Chopped BBQ Beef Herbed Potato Salad Baked Beans Hamburger Bun Cranapple Cobber Milk Diet - Spiced Mixed Fruit Cal: 872 Fat: 17g 19	Hamburger Patty* Lettuce/Tomato/Onion Ranch Beans Hamburger Bun Peach Cobbler Milk Mayonnaise and Mustard Diet - Mixed Fruit Cal: 918 Fat: 34g 20	Chicken Quesadilla Casserole Mexican Rice Fiesta Vegetables Saltine Crackers Fudge Cream Cookie Milk Diet - Same Cal: 708 Fat: 19g 21
Swedish Chicken Meatballs* Egg Noodles Broccoli Whole Wheat Bread Fig Bar Milk Margarine Diet - Same Cal: 741 Fat: 27g 24	Turkey Pastrami Swiss Cheese Lettuce and Tomato Fruit Salad Whole Wheat Bread (2) Strawberry Shortcake Cookie Milk Mustard Diet - Cookie Cal: 695 Fat: 23g 25	Pork Carnitas Lettuce/Tomato/Onion Pinto Beans Flour Tortilla Cranapple Cobbler Milk Taco Sauce Diet - Applesauce Cal: 729 Fat: 15g 26	Balsamic Brown Sugar Chicken Breast Creamy Diced Potatoes Parslied Carrots Whole Wheat Bread Fresh Fruit Milk Margarine Diet - Same Cal: 608 Fat: 14g 27	10 Grain Pollock Spanish Rice Mixed Vegetables Dinner Roll Chocolate Chip Pudding Milk Margarine Tartar Sauce Diet - Chocolate Pudding Cal: 863 Fat: 30g 28

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New Menu Item
 Vegetarian Entrée
 Meal ≥ 1,000 mg sodium
 * Soy containing item (≤ 6.5% of total volume)