



# Sixty & Better Activity Center Menu

## April 2019

Cycle 2, 2019

Monday	Tuesday	Wednesday	Thursday	Friday
Swedish Chicken Meatballs* Egg Noodles Broccoli Whole Wheat Bread Fig Bar Milk Margarine Diet - Same Cal: 741    Fat: 27g <div style="text-align: right;">1</div>	Turkey Pastrami 🎉 Swiss Cheese Lettuce and Tomato Fruit Salad ✕ Whole Wheat Bread (2) Strawberry Shortcake Cookie Milk Mustard Diet - Cookie Cal: 695    Fat: 23g <div style="text-align: right;">2</div>	Pork Carnitas 🎉 Lettuce/Tomato/Onion Pinto Beans Flour Tortilla Cranapple Cobbler Milk Taco Sauce Diet - Applesauce Cal: 729    Fat: 15g <div style="text-align: right;">3</div>	Balsamic Brown Sugar Chicken Breast Creamy Diced Potatoes 🎉 Parslied Carrots Whole Wheat Bread Fresh Fruit <b>Birthday Cake</b> Milk 🎂 Margarine Diet - Same Cal: 773    Fat: 21g <div style="text-align: right;">4</div>	10 Grain Pollock 🎉 Spanish Rice Mixed Vegetables Dinner Roll Chocolate Chip Pudding Milk Margarine Tartar Sauce Diet - Chocolate Pudding Cal: 863    Fat: 30g <div style="text-align: right;">5</div>
Pizza Casserole 🎉 Country Tomatoes Green Peas w/Mushrooms ✕ Whole Wheat Breadstick Fresh Fruit Milk Margarine Diet - Same Cal: 777    Fat: 29g <div style="text-align: right;">8</div>	Hamburger Patty* 🎉 Sliced Cheese Lettuce/Tomato/Onion Ranch Beans Hamburger Bun Peach Cobbler Milk Mayonnaise and Mustard Diet - Spiced Peaches Cal: 970    Fat: 38g <div style="text-align: right;">9</div>	Sliced Ham Lima Beans Oven Roasted Sweet Potatoes Cornbread Fresh Banana Milk Margarine Diet - Same Cal: 788    Fat: 21g <div style="text-align: right;">10</div>	Beef Burgundy* Delmonico Potatoes Brussels Sprouts Whole Wheat Bread Nutty Buddy Bar Milk Margarine Diet - Same Cal: 670    Fat: 27g <div style="text-align: right;">11</div>	Vegetarian Bean Chili ✓ Parslied Rice Squash Medley Saltine Crackers Creamsicle Pudding Milk Diet - Vanilla Pudding Cal: 768    Fat: 7g <div style="text-align: right;">12</div>
Buffalo Ranch Chicken Breast Pesto Penne Pasta ✕ Spring Vegetables Dinner Roll Fruited Lime Gelatin Milk Margarine Diet - Fruited Gelatin Cal: 691    Fat: 19g <div style="text-align: right;">15</div>	Salisbury Beef* Brown Gravy Ranch Whipped Potatoes Capri Vegetables Whole Wheat Bread Fresh Fruit Milk Margarine Diet - Same Cal: 663    Fat: 24g <div style="text-align: right;">16</div>	Chicken Salad Black-Eyed Pea Salad ✕ German Coleslaw Saltine Crackers Fresh Banana Milk Diet - Same Cal: 703    Fat: 22g <div style="text-align: right;">17</div>	<b>Easter Meal</b> 🎉 Pineapple Glazed Ham Hashbrown Casserole Broccoli Dinner Roll Coconut Cake Milk Margarine Diet - Same Cal: 704    Fat: 23g <div style="text-align: right;">18</div>	Vegetarian Pot Pie ✓ Cauliflower Green Beans Whole Wheat Bread Brownie Milk Margarine Diet - Brownie Cal: 614    Fat: 14g <div style="text-align: right;">19</div>
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 <div style="text-align: right;">22</div>	Chicken and Sausage Jambalaya Squash Medley 🎉 Mixed Greens Cornbread Caramel Vanilla Pudding Milk Margarine Diet - Vanilla Pudding Cal: 832    Fat: 31g <div style="text-align: right;">23</div>	Sweet and Sour Pork ✕ Brown Rice Japanese Vegetables Fortune Cookie ✕ Fresh Banana Milk Diet - Same Cal: 789    Fat: 28g <div style="text-align: right;">24</div>	Turkey Breast with Gravy 🎉 Mixed Vegetables Rosemary Potatoes Dinner Roll Fresh Fruit Milk Margarine Diet - Same Cal: 614    Fat: 15g <div style="text-align: right;">25</div>	Hamburger Patty* 🎉 Lettuce/Tomato/Onion Sweet Potato Tots Hamburger Bun Cranapple Cobbler Milk Mayonnaise and Mustard Diet - Pineapple Tidbits Cal: 843    Fat: 28g <div style="text-align: right;">26</div>
Sausage with Red Beans 🎉 Cajun Rice Okra and Tomatoes Cornbread Oatmeal Cream Cookie Milk Margarine Diet - Same Cal: 898    Fat: 31g <div style="text-align: right;">29</div>	Sloppy Joe 🎉 Whole Kernel Corn Summer Vegetables Hamburger Bun Banana Pudding Milk Diet - Vanilla Pudding Cal: 823    Fat: 24g <div style="text-align: right;">30</div>			

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