

Sixty & Better Activity Center Menu

July 2019

Cycle 3, 2019

Monday	Tuesday	Wednesday	Thursday	Friday
Chicken Gumbo Dirty Rice Medley Cabbage Saltine Crackers Oatmeal Cookie Milk Diet - Cookie Cal: 640 Fat: 19g 1	Salisbury Beef* Onion Gravy Egg Noodles Spring Vegetables Whole Wheat Bread Fresh Fruit Milk Margarine Diet - Same Cal: 713 Fat: 26g 2	Independence Day Meal Smoked Sausage Crispy Cubed Potatoes Baked Beans Hot Dog Bun Carnival Cookie Milk Mustard and Ketchup Diet - Cookie Cal: 828 Fat: 24g 3	Closed for Independence Day	Chicken Salad Pasta Salad Tomato Mozzarella Salad Saltine Crackers Fresh Banana Milk Diet - Same Cal: 657 Fat: 18g 8
Chicken Alfredo Parslied Carrots Green Beans Texas Bread Fresh Fruit Milk Margarine Diet - Same Cal: 763 Fat: 14g 8	Cheese Omelet Oven Roasted Potatoes Broccoli Whole Wheat Bread Strawberry Swirl Pudding Milk Picante Sauce Margarine Diet - Vanilla Pudding Cal: 647 Fat: 26g 9	<u>Beef Taco Salad:</u> Beef Taco Meat Black Beans Shredded Cheese Lettuce Tortilla Chips Apple Cobbler Milk Taco Sauce Diet - Spiced Apples Cal: 879 Fat: 31g 10	Turkey Breast Black-Eyed Peas Okra and Tomatoes Cornbread Fresh Fruit Birthday Cake Milk Margarine Diet - Cookie Cal: 730 Fat: 25g 11	Swiss Steak* Garlic Whipped Potatoes Capri Vegetables Dinner Roll Fruited Lemon Gelatin Milk Margarine Diet - Fruited Gelatin Cal: 752 Fat: 24g 12
Potato Crusted Fish Confetti Rice Summer Vegetables Whole Wheat Bread Oatmeal Cream Cookie Milk Margarine Tartar Sauce Diet - Same Cal: 787 Fat: 31g 15	Bruschetta Chicken* Herbed Green Peas Penne Pasta Dinner Roll Banana Pudding Milk Margarine Diet - Vanilla Pudding Cal: 939 Fat: 29g 16	Hamburger Patty* Lettuce/Tomato/Onion Ranch Beans Hamburger Bun Cranapple Cobbler Milk Mayonnaise and Mustard Diet - Pineapple Tidbits Cal: 931 Fat: 34g 17	Egg Salad Three Bean Salad Carrot Raisin Salad Saltine Crackers Fruited Lime Gelatin Milk Diet - Fruited Gelatin Cal: 791 Fat: 26g 18	Meatloaf* Tomato Gravy Whipped Potatoes Mixed Vegetables Dinner Roll Fresh Banana Milk Margarine Diet - Same Cal: 744 Fat: 19g 19
Garlic Baked Fish Whipped Potatoes Garden Vegetables Dinner Roll Fresh Orange Milk Margarine Tartar Sauce Diet - Same Cal: 657 Fat: 20g 22	Turkey Basil Pasta Salad Beet Salad Cucumber Salad Saltine Crackers Chocolate Chip Cookie Milk Diet - Cookie Cal: 756 Fat: 30g 23	Vegetable Lasagna Tossed Salad Sliced Carrots Texas Bread Peach Cobbler Milk Ranch Salad Dressing Margarine Diet - Cinnamon Applesauce Cal: 805 Fat: 26g 24	Apricot Baked Chicken Mashed Spiced Yams Herbed Green Beans Whole Wheat Bread Fruited Strawberry Gelatin Milk Margarine Diet - Fruited Gelatin Cal: 634 Fat: 13g 25	Sliced Ham Red Eye Gravy Lima Beans Country Tomatoes Cornbread Fresh Fruit Milk Margarine Diet - Same Cal: 699 Fat: 21g 26
Rosemary Beef Meatballs* Lemon Herb Pasta Mixed Vegetables Whole Wheat Bread Fresh Fruit Milk Margarine Diet - Same Cal: 696 Fat: 23g 29	Ham Fried Rice Broccoli with Red Peppers Squash Medley Dinner Roll Fortune Cookie Milk Margarine Diet - Same Cal: 615 Fat: 19g 30	Chicken Enchilada Pie Mexican Rice Spinach Saltine Crackers Creamsicle Pudding Milk Diet - Chocolate Pudding Cal: 741 Fat: 15g 31		

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