

Sixty & Better Activity Center Menu

August 2019

Cycle 3, 2019

Monday	Tuesday	Wednesday	Thursday	Friday
			Sliced Turkey Pastrami Swiss Cheese Lettuce and Tomato Herbed Potato Salad Whole Wheat Bread (2) Fresh Fruit Birthday Cake Milk Mustard Diet - Same Cal: 785 Fat: 23g 1	Hamburger Patty* Sliced Cheese Lettuce/Tomato/Onion Baked Beans Hamburger Bun Cranapple Cobbler Milk Mayonnaise and Mustard Diet - Pineapple Tidbits Cal: 996 Fat: 38g 2
Turkey Pot Pie Cauliflower Roasted Brussels Sprouts Whole Wheat Bread Red Velvet Cake Milk Margarine Diet - Same Cal: 701 Fat: 23g 5	Sloppy Joe Whole Kernel Corn Cucumber Onion Salad Hamburger Bun Apple Cobbler Milk Diet - Cinnamon Applesauce Cal: 773 Fat: 25g 6	Dijon Herb Chicken Thigh Brown Rice Catalina Vegetables Whole Wheat Bread Orange Gelatin Milk Margarine Diet - Gelatin Cal: 766 Fat: 30g 7	Pizza Casserole Broccoli Sliced Carrots Dinner Roll Fresh Banana Milk Margarine Diet - Same Cal: 750 Fat: 27g 8	Pork Carnitas Pinto Beans Fiesta Vegetables Flour Tortilla Chocolate Pudding Milk Taco Sauce Diet - Chocolate Pudding Cal: 732 Fat: 16g 9
Chicken Gumbo Dirty Rice Medley Cabbage Saltine Crackers Oatmeal Cookie Milk Diet - Cookie Cal: 640 Fat: 19g 12	Salisbury Beef* Onion Gravy Egg Noodles Spring Vegetables Whole Wheat Bread Fresh Fruit Milk Margarine Diet - Same Cal: 713 Fat: 26g 13	Oven Fried Chicken Thigh Ranch Whipped Potatoes Green Beans Dinner Roll Fruited Cherry Gelatin Milk Margarine Diet - Fruited Gelatin Cal: 878 Fat: 31g 14	Hamburger Patty* Lettuce/Tomato/Onion Pinto Beans Hamburger Bun Peach Cobbler Milk Mayonnaise and Mustard Diet - Spiced Peaches Cal: 915 Fat: 34g 15	Chicken Salad Pasta Salad Tomato Mozzarella Salad Saltine Crackers Fresh Banana Milk Diet - Same Cal: 657 Fat: 18g 16
Chicken Alfredo Parslied Carrots Green Beans Texas Bread Fresh Fruit Milk Margarine Diet - Same Cal: 763 Fat: 14g 19	Cheese Omelet Oven Roasted Potatoes Broccoli Whole Wheat Bread Strawberry Swirl Pudding Milk Picante Sauce Margarine Diet - Vanilla Pudding Cal: 647 Fat: 26g 20	<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 21	Turkey Breast Black-Eyed Peas Okra and Tomatoes Cornbread Sugar Cookie Milk Margarine Diet - Cookie Cal: 617 Fat: 23g 22	Swiss Steak* Garlic Whipped Potatoes Capri Vegetables Dinner Roll Fruited Lemon Gelatin Milk Margarine Diet - Fruited Gelatin Cal: 752 Fat: 24g 23
Potato Crusted Fish Confetti Rice Summer Vegetables Whole Wheat Bread Oatmeal Cream Cookie Milk Margarine Tartar Sauce Diet - Same Cal: 787 Fat: 31g 26	Bruschetta Chicken* Herbed Green Peas Penne Pasta Dinner Roll Banana Pudding Milk Margarine Diet - Vanilla Pudding Cal: 939 Fat: 29g 27	Hamburger Patty* Lettuce/Tomato/Onion Ranch Beans Hamburger Bun Cranapple Cobbler Milk Mayonnaise and Mustard Diet - Pineapple Tidbits Cal: 931 Fat: 34g 28	Egg Salad Three Bean Salad Carrot Raisin Salad Saltine Crackers Fruited Lime Gelatin Milk Diet - Fruited Gelatin Cal: 791 Fat: 26g 29	<u>Labor Day Meal</u> BBQ Pork Rib Patty* Tater Tot Casserole Cucumber Salad Hamburger Bun Peach Cobbler Milk Diet - Cinnamon Applesauce Cal: 962 Fat: 32g 30

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