



# Sixty & Better Activity Center Menu

## October 2019

Cycle 4, 2019

Monday	Tuesday	Wednesday	Thursday	Friday
Chickpea Stir Fry# ✓ Tuscany Vegetables Herbed Brussels Sprouts Whole Wheat Bread Fig Bar Milk Margarine Diet - Same Cal: 643 Fat: 27g Sodium: 721mg 30	Apricot Chicken Penne with Asparagus Catalina Vegetables Whole Wheat Bread Snickerdoodle Cookie Milk Margarine Diet - Cookie Cal: 624 Fat: 17g Sodium: 734mg 1	Sloppy Joe Roasted Diced Potatoes Glazed Carrots Hamburger Bun Fresh Fruit Milk Diet - Same Cal: 672 Fat: 20g Sodium: 746mg 2	Pork Carnitas Lettuce/Tomato/Onion Charro Beans Flour Tortilla Fresh Fruit Birthday Cake Milk  Taco Sauce Diet - Same Cal: 733 Fat: 16g Sodium: 1128mg 3	Turkey Breast with Gravy Black-Eyed Peas Spinach Cornbread Fruited Cherry Gelatin Milk Margarine Diet - Fruited Gelatin Cal: 640 Fat: 19g Sodium: 1357mg 4
Creamy Caper Chicken Breast Roasted Sweet Potatoes Green Beans Dinner Roll Fresh Fruit Milk Margarine Diet - Same Cal: 607 Fat: 16g Sodium: 766mg 7	Hamburger Patty* Sliced Cheese Lettuce/Tomato/Onion Chuckwagon Corn Hamburger Bun Apple Cobbler Milk Mayonnaise and Mustard Diet - Cinnamon Applesauce Cal: 891 Fat: 38g Sodium: 1073mg 8	Potato Crusted Fish Macaroni and Cheese Mixed Vegetables Whole Wheat Bread Fruited Lime Gelatin Milk Tartar Sauce Diet - Fruited Gelatin Cal: 810 Fat: 27g Sodium: 1186mg 9	Ham and Bean Stew# Whole Kernel Corn Okra and Tomatoes Dinner Roll Fudge Cream Cookie Milk Margarine Diet - Same Cal: 729 Fat: 17g Sodium: 780mg 10	Beef Hungarian Goulash# Green Peas Parslied Carrots Whole Wheat Bread Gingerbread Cookie Milk Margarine Diet - Same Cal: 762 Fat: 24g Sodium: 804mg 11
Meatloaf* Onion Gravy Scalloped Potatoes California Vegetables Whole Wheat Bread Oatmeal Cream Cookie Milk Margarine Diet - Same Cal: 765 Fat: 29g Sodium: 1279mg 14	Turkey Pasta Bolognese French Green Beans Dilled Carrots Texas Bread Banana Pudding Milk Margarine Diet - Vanilla Pudding Cal: 813 Fat: 21g Sodium: 1121mg 15	Beef Taco Lettuce/Tomato/Onion Mexican Rice Flour Tortilla Peach Cobbler Milk Taco Sauce Diet - Mixed Fruit Cal: 754 Fat: 23g Sodium: 933mg 16	Smoked Sausage Red Beans and Rice# Mixed Greens Cornbread Fresh Banana Milk Margarine Diet - Same Cal: 755 Fat: 28g Sodium: 1188mg 17	Chicken Salad Lettuce and Tomato Carrot Raisin Salad Whole Wheat Bread (2) Strawberry Gelatin Milk Diet - Gelatin Cal: 696 Fat: 18g Sodium: 933mg 18
Turkey Tetrazzini Brussels Sprouts Butternut Squash# Dinner Roll Chocolate Chip Cookie Milk Margarine Diet - Cookie Cal: 825 Fat: 27g Sodium: 645mg 21	Country Fried Steak* Country Gravy Whipped Potatoes Green Beans Dinner Roll Fruited Orange Gelatin Milk Margarine Diet - Fruited Gelatin Cal: 853 Fat: 27g Sodium: 1138mg 22	Cheese Omelet ✓ Country Vegetables Hot Spiced Apples Texas Bread Nutty Buddy Bar Milk Picante Sauce Diet - Same Cal: 702 Fat: 25g Sodium: 953mg 23	Parmesan Chicken Parslied Penne Pasta Mixed Vegetables Whole Wheat Bread Fresh Fruit Milk Margarine Diet - Same Cal: 722 Fat: 26g Sodium: 975mg 24	Hamburger Patty* Lettuce/Tomato/Onion Baked Beans Hamburger Bun Cranapple Cobbler Milk Mayonnaise and Mustard Diet - Spiced Apples Cal: 944 Fat: 34g Sodium: 945mg 25
Chicken Quesadilla Casserole Spanish Rice Sliced Carrots Saltine Crackers Carnival Cookie Milk Diet - Cookie Cal: 640 Fat: 18g Sodium: 997mg 28	BBQ Pork Rib Patty* Chuckwagon Corn Tomato Spoon Relish Hamburger Bun Peach Cobbler Milk Diet - Spiced Peaches Cal: 821 Fat: 25g Sodium: 1154mg 29	Oven Fried Chicken Thigh Delmonico Potatoes Turnip Greens Texas Bread Creamsicle Pudding Milk Margarine Diet - Chocolate Pudding Cal: 931 Fat: 33g Sodium: 1101mg 30	Beef Chili with Beans Rice Broccoli Cornbread Fresh Banana Milk Margarine Diet - Same Cal: 809 Fat: 25g Sodium: 603mg 31	

# New Menu Item

✓ Vegetarian Entrée

\* Soy containing item ( ≤ 6.5% of total volume)

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