



# Sixty & Better Activity Center Menu

## November 2019

**Cycle 4, 2019**

Monday	Tuesday	Wednesday	Thursday	Friday
				Turkey Pastrami Swiss Cheese Lettuce and Tomato Black Bean and Barley Salad# Whole Wheat Bread (2) Oreo Cookies Milk Mustard Diet - Same Cal: 725 Fat: 28g Sodium: 1303mg <span style="float: right;">1</span>
Sweet & Tangy Beef Meatballs# Parslied Rice Capri Vegetables Whole Wheat Bread Fudge Cream Cookie Milk Margarine Diet - Same Cal: 763 Fat: 28g Sodium: 1042mg <span style="float: right;">4</span>	King Ranch Chicken Casserole Lima Beans Sliced Carrots Whole Wheat Bread Fresh Banana Milk Margarine Diet - Same Cal: 723 Fat: 17g Sodium: 589mg <span style="float: right;">5</span>	Hamburger Patty* Lettuce/Tomato/Onion Ranch Beans Hamburger Bun Cranapple Cobbler Milk Mayonnaise and Mustard Diet - Cinnamon Applesauce Cal: 932 Fat: 34g Sodium: 911mg <span style="float: right;">6</span>	10 Grain Pollock Confetti Rice Herbed Green Beans Dinner Roll Fresh Fruit Birthday Cake Milk Tartar Sauce Margarine Diet - Same Cal: 900 Fat: 29g Sodium: 1059mg <span style="float: right;">7</span>	Turkey Pot Pie Macaroni and Cheese Cabbage Dinner Roll Peanut Butter Cookie Milk Margarine Diet - Cookie Cal: 818 Fat: 29g Sodium: 903mg <span style="float: right;">8</span>
Potato Soup# Tuscany Vegetables Herbed Brussels Sprouts Whole Wheat Bread Fig Bar Milk Margarine Diet - Same Cal: 673 Fat: 17g Sodium: 882mg <span style="float: right;">11</span>	Apricot Chicken Penne with Asparagus Catalina Vegetables Whole Wheat Bread Snickerdoodle Cookie Milk Margarine Diet - Cookie Cal: 624 Fat: 17g Sodium: 734mg <span style="float: right;">12</span>	Sloppy Joe Roasted Diced Potatoes Glazed Carrots Hamburger Bun Fresh Fruit Milk Diet - Same Cal: 672 Fat: 20g Sodium: 746mg <span style="float: right;">13</span>	Pork Carnitas Lettuce/Tomato/Onion Charro Beans Flour Tortilla Peach Cobbler Milk Taco Sauce Diet - Pineapple Tidbits Cal: 808 Fat: 15g Sodium: 1124mg <span style="float: right;">14</span>	<b>Thanksgiving Meal</b> Turkey Breast with Gravy Cornbread Dressing Mashed Spiced Yams Tossed Salad Dinner Roll Milk Margarine Ranch Salad Dressing Cal: 674 Fat: 24g Sodium: 1442mg <span style="float: right;">15</span>
Creamy Caper Chicken Breast Roasted Sweet Potatoes Green Beans Dinner Roll Fresh Fruit Milk Margarine Diet - Same Cal: 607 Fat: 16g Sodium: 766mg <span style="float: right;">18</span>	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 <span style="float: right;">19</span>	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 <span style="float: right;">20</span>	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 <span style="float: right;">21</span>	Beef Hungarian Goulash# Green Peas Parslied Carrots Whole Wheat Bread Gingerbread Cookie Milk Margarine Diet - Same Cal: 762 Fat: 24g Sodium: 804mg <span style="float: right;">22</span>
Meatloaf* Onion Gravy Scalloped Potatoes California Vegetables Whole Wheat Bread Oatmeal Cream Cookie Milk Margarine Diet - Same Cal: 765 Fat: 29g Sodium: 1279mg <span style="float: right;">25</span>	Turkey Pasta Bolognese French Green Beans Dilled Carrots Texas Bread Banana Pudding Milk Margarine Diet - Vanilla Pudding Cal: 813 Fat: 21g Sodium: 1121mg <span style="float: right;">26</span>	Beef Taco Lettuce/Tomato/Onion Mexican Rice Flour Tortilla Peach Cobbler Milk Taco Sauce Diet - Mixed Fruit Cal: 754 Fat: 23g Sodium: 933mg <span style="float: right;">27</span>	<b>Closed for Thanksgiving</b> <span style="float: right;">28</span>	<b>Closed for Thanksgiving</b> <span style="float: right;">29</span>

*Allison Leather, MDA, RD, LD* #DT84287

# New Menu Item  
 Vegetarian Entrée  
 \* Soy containing item ( ≤ 6.5% of total volume)