



# Sixty & Better Activity Center Menu

## December 2019

Cycle 4, 2019

Monday	Tuesday	Wednesday	Thursday	Friday
Turkey Tetrazzini Brussels Sprouts Butternut Squash# Dinner Roll Chocolate Chip Cookie Milk Margarine Diet - Cookie Cal: 825 Fat: 27g Sodium: 645mg 2	Country Fried Steak* Country Gravy Whipped Potatoes Green Beans Dinner Roll Spice Cake Milk Margarine Diet - Fruited Gelatin Cal: 907 Fat: 31g Sodium: 1185mg 3	Cheese Omelet ✓ Country Vegetables Hot Spiced Apples Texas Bread Nutty Buddy Bar Milk Picante Sauce Diet - Same Cal: 702 Fat: 25g Sodium: 953mg 4	Parmesan Chicken Parslied Penne Pasta Mixed Vegetables Whole Wheat Bread Fresh Fruit Birthday Cake Milk Margarine Diet - Same Cal: 883 Fat: 33g Sodium: 1088mg 5 	Hamburger Patty* Lettuce/Tomato/Onion Baked Beans Hamburger Bun Cranapple Cobbler Milk Mayonnaise and Mustard Diet - Spiced Apples Cal: 944 Fat: 34g Sodium: 945mg 6
Chicken Quesadilla Casserole Spanish Rice Sliced Carrots Saltine Crackers Carnival Cookie Milk Diet - Cookie Cal: 640 Fat: 18g Sodium: 997mg 9	BBQ Pork Rib Patty* Chuckwagon Corn Tomato Spoon Relish Hamburger Bun Peach Cobbler Milk Diet - Spiced Peaches Cal: 821 Fat: 25g Sodium: 1154mg 10	Oven Fried Chicken Thigh Delmonico Potatoes Turnip Greens Texas Bread Creamsicle Pudding Milk Margarine Diet - Chocolate Pudding Cal: 931 Fat: 33g Sodium: 1101mg 11	Beef Chili with Beans Rice Broccoli Cornbread Fresh Banana Milk Margarine Diet - Same Cal: 809 Fat: 25g Sodium: 603mg 12	<b>Holiday Meal</b> Pineapple Glazed Ham Au Gratin Potatoes Green Beans Dinner Roll Spice Cake Milk Margarine Diet - Same Cal: 693 Fat: 18g Sodium: 1605mg 13
Sweet & Tangy Beef Meatballs# Parslied Rice Capri Vegetables Whole Wheat Bread Fudge Cream Cookie Milk Margarine Diet - Same Cal: 763 Fat: 28g Sodium: 1042mg 16	King Ranch Chicken Casserole Lima Beans Sliced Carrots Whole Wheat Bread Fresh Banana Milk Margarine Diet - Same Cal: 723 Fat: 17g Sodium: 589mg 17	Hamburger Patty* Lettuce/Tomato/Onion Ranch Beans Hamburger Bun Cranapple Cobbler Milk Mayonnaise and Mustard Diet - Cinnamon Applesauce Cal: 932 Fat: 34g Sodium: 911mg 18	10 Grain Pollock Confetti Rice Herbed Green Beans Dinner Roll Frosted Lime Gelatin# Milk Tartar Sauce Margarine Diet - Gelatin Cal: 806 Fat: 25g Sodium: 1094mg 19	Turkey Pot Pie Macaroni and Cheese Cabbage Dinner Roll Peanut Butter Cookie Milk Margarine Diet - Cookie Cal: 818 Fat: 29g Sodium: 903mg 20
Potato Soup# ✓ Tuscany Vegetables Herbed Brussels Sprouts Whole Wheat Bread Fig Bar Milk Margarine Diet - Same Cal: 673 Fat: 17g Sodium: 882mg 23	<b>Closed for Holiday</b> 24	<b>Closed for Holiday</b> 25	Pork Carnitas Lettuce/Tomato/Onion Charro Beans Flour Tortilla Peach Cobbler Milk Taco Sauce Diet - Pineapple Tidbits Cal: 808 Fat: 15g Sodium: 1124mg 26	Turkey Breast with Gravy Black-Eyed Peas Spinach Cornbread Fruited Cherry Gelatin Milk Margarine Diet - Fruited Gelatin Cal: 640 Fat: 19g Sodium: 1357mg 27

# New Menu Item

✓ Vegetarian Entrée

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

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