



Sixty & Better Activity Center Menu

August 2017

Cycle 3, 2017

Monday	Tuesday	Wednesday	Thursday	Friday
	Salisbury Beef* Brown Gravy Parslied Penne Pasta Italian Vegetables Whole Wheat Bread Butterscotch Swirl Pudding# Milk Margarine Diet – Chocolate Pudding Cal: 750 28.4gm Fat 1	Southwestern Diced Chicken# Hominy with Red Peppers Broccoli Texas Bread Carnival Cookie Milk Margarine Diet – Cookie Cal: 674 19.1gm Fat 2	Sausage with Red Beans Cajun Rice Collard Greens Cornbread Fresh Fruit Birthday Cake Milk Margarine Diet – Same Cal: 961 30.7gm Fat 3	Hamburger Patty* Lettuce/Tomato/Onion Ranch Beans Hamburger Bun Mixed Fruit Cobbler Milk Mayonnaise and Mustard Diet – Pineapple Tidbits Cal: 909 33.3gm Fat 4
Turkey Tetrizzini Stewed Tomatoes Brussels Sprouts Whole Wheat Bread Fresh Fruit Milk Margarine Diet – Same Cal: 662 18.7gm Fat 7	Beef Burgundy* Rosemary Potatoes# Mixed Vegetables Whole Wheat Bread Fruited Orange Gelatin Milk Margarine Diet – Fruited Gelatin Cal: 708 23.9gm Fat 8	Diced BBQ Chicken Coleslaw Ranch Beans Hamburger Bun Peach Cobbler Milk Diet – Applesauce Cal: 896 19.9gm Fat 9	Turkey Pastrami# Swiss Cheese Lettuce and Tomato Green Pea Salad Whole Wheat Bread (2) Fresh Fruit Milk Mustard Diet – Same Cal: 626 18.2gm Fat 10	Cheese Ziti# Green Beans with Onions Cold Pickled Beets Whole Wheat Breadstick Strawberry Swirl Pudding Milk Margarine Diet – Chocolate Pudding Cal: 851 27.9gm Fat 11
Breaded Chicken with Gravy* Roasted Sweet Potatoes Broccoli and Cauliflower Whole Wheat Bread Fresh Fruit Milk Margarine Diet – Same Cal: 649 23.3gm Fat 14	Beef with Peppered Gravy* Rice Baby Carrots Whole Wheat Breadstick Gingerbread Cookie Milk Margarine Diet – Same Cal: 682 25.1gm Fat 15	Turkey Pot Pie Country Tomatoes Cabbage Whole Wheat Bread Fresh Banana Milk Margarine Diet – Same Cal: 630 17.7gm Fat 16	Hamburger Patty* Lettuce/Tomato/Onion Baked Beans Hamburger Bun Apple Cobbler Milk Mayonnaise and Mustard Diet – Spiced Apples Cal: 919 33.7gm Fat 17	King Ranch Casserole Chuckwagon Corn Green Beans Whole Wheat Bread Fruited Cherry Gelatin Milk Margarine Diet – Fruited Gelatin Cal: 668 17.4gm Fat 18
Country Fried Steak* Country Gravy Garlic Whipped Potatoes Catalina Vegetables Dinner Roll Fresh Fruit Milk Margarine Diet – Same Cal: 811 28.5gm Fat 21	Turkey Supreme Broccoli Rosemary Carrots Whole Wheat Bread Oatmeal Cream Cookie Milk Margarine Diet – Same Cal: 736 24.8gm Fat 22	Tuna Salad Pasta Salad Marinated Vegetables# Saltine Crackers Creamsicle Pudding Milk Diet – Chocolate Pudding Cal: 607 13.0gm Fat 23	Swiss Steak* Tossed Salad Whipped Potatoes Dinner Roll Peach Cobbler Milk Ranch Salad Dressing Margarine Diet – Mixed Fruit Cal: 912 36.7gm Fat 24	Glazed Ham Lima Beans Mixed Greens Cornbread Fresh Orange Milk Margarine Diet – Same Cal: 670 20.3gm Fat 25
Dijon Herb Chicken Meatballs* Macaroni and Cheese Stewed Tomatoes Whole Wheat Bread Fresh Fruit Milk Margarine Diet – Same Cal: 707 26.5gm Fat 28	Beef Chili with Beans Parslied Rice Sliced Carrots Saltine Crackers Banana Pudding Milk Diet – Vanilla Pudding Cal: 732 18.3gm Fat 29	Cheese Omelet Ranchero Sauce# O'Brien Potatoes Hot Spiced Peaches Whole Wheat Bread Oatmeal Raisin Cookie Milk Margarine Diet – Cookie Cal: 721 28.6gm Fat 30	Turkey Breast with Gravy Mashed Spiced Yams Spinach Cornbread Fresh Fruit Milk Margarine Diet – Same Cal: 653 20.4gm Fat 31	Meal ≥ 1000mg Sodium # New Menu Item * - Notates soy containing items ≤6.5% total volume - Vegetarian Entrée

Sarah Hutsler, RD, LD #DT81463 4/20/17