



## Sixty & Better Activity Center Menu September 2017

Cycle 3, 2017

Monday	Tuesday	Wednesday	Thursday	Friday
Meal ≥ 1000mg Sodium # New Menu Item * - Notates soy containing items ≤6.5% total volume - Vegetarian Entrée				<b>Labor Day</b> BBQ Pork Rib Patty* Tossed Salad Ranch Beans Hamburger Bun Apple Cobbler Milk Ranch Salad Dressing Diet – Spiced Apples Cal: 929 30.7gm Fat 1
<b>Closed for Holiday</b>	Spaghetti Casserole Herbed Green Beans Cauliflower Whole Wheat Breadstick Fudge Cream Cookie Milk Margarine Diet – Same Cal: 707 24.6gm Fat 5	Chicken Salad Black-Eyed Pea Salad# Tomato Basil Salad# Saltine Crackers Fruited Lime Gelatin Milk Diet – Fruited Gelatin Cal: 620 19.3gm Fat 6	Sloppy Joe Tossed Salad Twice Whipped Potatoes Hamburger Bun Fresh Fruit <b>Birthday Cake</b> Milk Italian Salad Dressing Diet – Same Cal: 813 25.5gm Fat 7	Oven Fried Chicken Thigh Lima Beans Spring Vegetables Whole Wheat Bread Fresh Fruit Milk Margarine Diet – Same Cal: 781 27.4gm Fat 8
Meatloaf* Tomato Gravy Delmonico Potatoes Peas and Carrots Whole Wheat Bread Fresh Fruit Milk Margarine Diet – Same Cal: 618 19.8gm Fat 11	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 12	Southwestern Diced Chicken# Hominy with Red Peppers Broccoli Texas Bread Carnival Cookie Milk Margarine Diet – Cookie Cal: 674 19.1gm Fat 13	Sausage with Red Beans Cajun Rice Collard Greens Cornbread Hamburger Bun Fresh Fruit Milk Margarine Diet – Same Cal: 800 24.2gm Fat 14	Hamburger Patty* Lettuce/Tomato/Onion Ranch Beans Cornbread Hamburger Bun Mixed Fruit Cobbler Milk Mayonnaise and Mustard Diet – Pineapple Tidbits Cal: 909 33.3gm Fat 15
Turkey Tetrazzini Stewed Tomatoes Brussels Sprouts Whole Wheat Bread Fresh Fruit Milk Margarine Diet – Same Cal: 662 18.7gm Fat 18	Beef Burgundy* Rosemary Potatoes# Mixed Vegetables Whole Wheat Bread Fruited Orange Gelatin Milk Margarine Diet – Fruited Gelatin Cal: 708 23.9gm Fat 19	Diced BBQ Chicken Coleslaw Ranch Beans Hamburger Bun Peach Cobbler Milk Diet – Applesauce Cal: 896 19.9gm Fat 20	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 21	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 22
Breaded Chicken with Gravy* Roasted Sweet Potatoes Broccoli and Cauliflower Whole Wheat Bread Fresh Fruit Milk Margarine Diet – Same Cal: 649 23.3gm Fat 25	Beef with Peppered Gravy* Rice Baby Carrots Whole Wheat Breadstick Gingerbread Cookie Milk Margarine Diet – Same Cal: 682 25.1gm Fat 26	<b>Diez y Seis</b> Fajita Chicken Lettuce/Tomato/Onion Pinto Beans Flour Tortilla Mixed Fruit Cobbler Milk Taco Sauce Diet – Pineapple Tidbits Cal: 759 15.7gm Fat 27	Hamburger Patty* Lettuce/Tomato/Onion Baked Beans Hamburger Bun Apple Cobbler Milk Mayonnaise and Mustard Diet – Spiced Apples Cal: 919 33.7gm Fat 28	King Ranch Casserole Chuckwagon Corn Green Beans Whole Wheat Bread Fruited Cherry Gelatin Milk Margarine Diet – Fruited Gelatin Cal: 668 17.4gm Fat 29

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