



Sixty & Better Activity Center Menu December 2017

Cycle 4, 2017

Monday	Tuesday	Wednesday	Thursday	Friday
Meal ≥ 1000mg Sodium # New Menu Item * - Notates soy containing items ≤6.5% total volume - Vegetarian Entrée				Country Fried Steak* Country Gravy Whipped Potatoes Catalina Vegetables Whole Wheat Bread Fruited Lemon Gelatin Milk Margarine Diet – Fruited Gelatin Cal: 801 26.6gm Fat 1
10 Grain Pollock# Macaroni and Cheese Glazed Carrots Dinner Roll Fresh Fruit Milk Margarine Diet – Same Cal: 777 25.3gm Fat 4	Turkey Canneloni Casserole Herbed Green Beans Squash Medley Whole Wheat Breadstick Nutty Buddy Bar Milk Margarine Diet – Same Cal: 623 19.6gm Fat 5	Southwestern Chicken Thigh# Spanish Rice Brussels Sprouts Whole Wheat Bread Fruited Lime Gelatin Milk Margarine Diet – Fruited Gelatin Cal: 737 26.3gm Fat 6	Smoked Sausage Cheesy Parslied Potatoes Cabbage Hot Dog Bun Fresh Fruit Birthday Cake Milk Mustard Diet – Same Cal: 608 20.9gm Fat 7	Hamburger Patty* Sliced Cheese Lettuce/Tomato/Onion Baked Beans Hamburger Bun Peach Cobbler Milk Mayonnaise and Mustard Diet – Pineapple Tidbits Cal: 895 28.6gm Fat 8
Pomodoro Chicken Meatballs#* Parslied Penne Pasta Italian Green Beans Whole Wheat Breadstick Fresh Fruit Milk Margarine Diet – Same Cal: 676 23.1gm Fat 11	Cubed Pork Steak with Gravy# Delmonico Potatoes Pacific Vegetables# Whole Wheat Bread Gingerbread Cookie Milk Margarine Diet – Same Cal: 604 19.4gm Fat 12	Sloppy Joe Cucumber Salad Ranch Beans Hamburger Bun Apple Cobbler Milk Diet – Spiced Apples Cal: 843 25.0gm Fat 13	Turkey Breast with Gravy Roasted Sweet Potatoes Mixed Greens Cornbread Fresh Fruit Milk Margarine Diet – Same Cal: 613 17.0gm Fat 14	Cheesy Beef Macaroni Broccoli Stewed Tomatoes Whole Wheat Bread Caramel Vanilla Pudding# Milk Margarine Diet – Vanilla Pudding Cal: 723 21.8gm Fat 15
Turkey Rice Casserole Squash Medley Parslied Carrots Whole Wheat Bread Fresh Fruit Milk Margarine Diet – Same Cal: 628 17.7gm Fat 18	Cheese Ziti# Diced Beets Green Beans with Onions Whole Wheat Breadstick Fresh Fruit Milk Margarine Diet – Same Cal: 738 24.6gm Fat 19	Chicken Thigh with Gravy Whipped Potatoes Scalloped Tomatoes# Dinner Roll Fruited Cherry Gelatin Milk Margarine Diet – Fruited Gelatin Cal: 857 32.5gm Fat 20	Holiday Glazed Ham Au Gratin Potatoes Italian Green Beans Dinner Roll Gingerbread Cake Milk Margarine Diet – Same Cal: 682 22.2gm Fat 21	Closed for Holiday 22
Closed for Holiday 25	Chicken Etouffee# Cajun Rice Okra and Tomatoes Saltine Crackers Creamsicle Pudding Milk Diet – Vanilla Pudding Cal: 671 17.1gm Fat 26	Pork Carnitas Lettuce/Tomato/Onion Pinto Beans Flour Tortilla Mixed Fruit Cobbler Milk Taco Sauce Diet – Sliced Pears Cal: 708 14.9gm Fat 27	Beef Chili with Beans Parslied Rice Turnip Greens Cornbread Fresh Fruit Milk Margarine Diet – Same Cal: 728 26.1gm Fat 28	New Year's Eve Ham with Raisin Sauce# Black-Eyed Peas Mixed Greens Cornbread Carnival Cookie Milk Margarine Diet – Cookie Cal: 712 26.3gm Fat 29

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