



## Sixty & Better Activity Center Menu November 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				
Turkey Rice Casserole Squash Medley Parslied Carrots Whole Wheat Bread Fresh Fruit Milk Margarine Diet – Same <i>Cal: 628 17.7gm Fat 6</i>	Cheese Ziti# Diced Beets Green Beans with Onions Whole Wheat Breadstick Fresh Fruit Milk Margarine Diet – Same <i>Cal: 738 24.6gm Fat 7</i>	Sloppy Joe Cucumber Salad Ranch Beans Hamburger Bun Apple Cobbler Milk Diet – Spiced Apples  <i>Cal: 843 25.0gm Fat 1</i>	Turkey Breast with Gravy Roasted Sweet Potatoes Mixed Greens Cornbread Fresh Fruit <b>Birthday Cake</b> Milk Margarine Diet – Same <i>Cal: 774 21.8gm Fat 2</i>	Cheesy Beef Macaroni Broccoli Stewed Tomatoes Whole Wheat Bread Caramel Vanilla Pudding# Milk Margarine Diet – Vanilla Pudding  <i>Cal: 723 21.8gm Fat 3</i>
Salisbury Beef* Brown Gravy Whipped Potatoes California Vegetables Whole Wheat Bread Fresh Fruit Milk Margarine Diet – Same <i>Cal: 657 23.0gm Fat 13</i>	Chicken Etouffee# Cajun Rice Okra and Tomatoes Saltine Crackers Creamsicle Pudding Milk Diet – Vanilla Pudding  <i>Cal: 671 17.1gm Fat 14</i>	Chicken Thigh with Gravy Whipped Potatoes Scalloped Tomatoes# Dinner Roll Fruited Cherry Gelatin Milk Margarine Diet – Fruited Gelatin <i>Cal: 857 32.5gm Fat 8</i>	Hamburger Patty* Lettuce/Tomato/Onion Baked Beans Hamburger Bun Peach Cobbler Milk Mayonnaise and Mustard Diet – Mixed Fruit <i>Cal: 853 24.6gm Fat 9</i>	Tuna Macaroni Salad Green Pea Salad Coleslaw Saltine Crackers Fudge Cream Cookie Milk Diet – Same  <i>Cal: 674 20.3gm Fat 10</i>
Diced Teriyaki Chicken# Fried Rice Japanese Vegetables Whole Wheat Bread Fresh Fruit Milk Margarine Diet – Same <i>Cal: 600 13.2gm Fat 20</i>	Hamburger Patty* Lettuce/Tomato/Onion Ranch Beans Hamburger Bun Peach Cobbler Milk Mayonnaise and Mustard Diet – Spiced Peaches <i>Cal: 911 33.3gm Fat 21</i>	Pork Carnitas Lettuce/Tomato/Onion Pinto Beans Flour Tortilla Mixed Fruit Cobbler Milk Taco Sauce Diet – Sliced Pears  <i>Cal: 708 14.9gm Fat 15</i>	Beef Chili with Beans Parslied Rice Turnip Greens Cornbread Fresh Fruit Milk Margarine Diet – Same  <i>Cal: 728 26.1gm Fat 16</i>	<b>Thanksgiving</b> Turkey Breast with Gravy Cornbread Dressing Mashed Spiced Yams Green Beans Dinner Roll Milk Margarine  <i>Cal: 666 20.9gm Fat 17</i>
BBQ Pork Rib Patty* Whole Kernel Corn Capri Vegetables Hamburger Bun Fresh Fruit Milk Diet – Same  <i>Cal: 662 18.7gm Fat 27</i>	Chicken Ratatouille# Pasta Florentine Broccoli Whole Wheat Breadstick Oatmeal Cream Cookie Milk Margarine Diet – Same  <i>Cal: 687 22.3gm Fat 28</i>	Turkey Spaghetti Green Beans Broccoli Whole Wheat Breadstick Banana Pudding Milk Margarine Diet – Chocolate Pudding <i>Cal: 805 23.6gm Fat 22</i>	<b>Closed for Holiday</b>          22	<b>Closed for Holiday</b>          23
Honey Glazed Ham# Tossed Salad Lima Beans Dinner Roll Cranapple Cobbler Milk Margarine Italian Salad Dressing Diet – Mixed Fruit <i>Cal: 790 19.0gm Fat 29</i>	Mexican Chicken Chili Confetti Rice Sliced Carrots Mexican Cornbread Chocolate Mousse# Milk Margarine Diet – Chocolate Pudding  <i>Cal: 817 32.6gm Fat 30</i>			

Sarah Hutsler, RD, LD #DT81463 7/26/17