



Sixty & Better Activity Center Menu

October 2017

Cycle 4, 2017

Monday	Tuesday	Wednesday	Thursday	Friday
Salisbury Beef* Brown Gravy Whipped Potatoes California Vegetables Whole Wheat Bread Fresh Fruit Milk Margarine Diet – Same <i>Cal: 657 23.0gm Fat 2</i>	Chicken Etouffee# Cajun Rice Okra and Tomatoes Saltine Crackers Creamsicle Pudding Milk Diet – Vanilla Pudding <i>Cal: 671 17.1gm Fat 3</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 4</i>	Beef Chili with Beans Parslied Rice Turnip Greens Cornbread Fresh Fruit Birthday Cake Milk Margarine Diet – Same <i>Cal: 890 32.6gm Fat 5</i>	Potato Crusted Fish Cheesy Garlic Polenta Mixed Vegetables Whole Wheat Bread Fruited Orange Gelatin Milk Tartar Sauce Diet – Fruited Gelatin <i>Cal: 792 27.6gm Fat 6</i>
Diced Teriyaki Chicken# Fried Rice Japanese Vegetables Whole Wheat Bread Fresh Fruit Milk Margarine Diet – Same <i>Cal: 600 13.2gm Fat 9</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 10</i>	Turkey Spaghetti Green Beans Broccoli Whole Wheat Breadstick Banana Pudding Milk Margarine Diet – Chocolate Pudding <i>Cal: 805 23.6gm Fat 11</i>	Meatloaf* Onion Gravy Garlic Whipped Potatoes Dilled Carrots Whole Wheat Bread Fresh Fruit Milk Margarine Diet – Same <i>Cal: 616 18.3gm Fat 12</i>	Cheese Omelet O'Brien Potatoes Hot Spiced Apples Whole Wheat Bread Fig Bar Milk Picante Sauce Margarine Diet – Same <i>Cal: 727 26.1gm Fat 13</i>
BBQ Pork Rib Patty* Whole Kernel Corn Capri Vegetables Hamburger Bun Fresh Fruit Milk Diet – Same <i>Cal: 662 18.7gm Fat 16</i>	Chicken Ratatouille# Pasta Florentine Broccoli Whole Wheat Breadstick Oatmeal Cream Cookie Milk Margarine Diet – Same <i>Cal: 687 22.3gm Fat 17</i>	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 18</i>	Mexican Chicken Chili Confetti Rice Sliced Carrots Mexican Cornbread Chocolate Mousse# Milk Margarine Diet – Chocolate Pudding <i>Cal: 817 32.6gm Fat 19</i>	Country Fried Steak* Country Gravy Whipped Potatoes Catalina Vegetables Whole Wheat Bread Fruited Lemon Gelatin Milk Margarine Diet – Fruited Gelatin <i>Cal: 801 26.6gm Fat 20</i>
10 Grain Pollock# Macaroni and Cheese Glazed Carrots Dinner Roll Fresh Fruit Milk Margarine Diet – Same <i>Cal: 777 25.3gm Fat 23</i>	Turkey Cannelloni Casserole Herbed Green Beans Squash Medley Whole Wheat Breadstick Nutty Buddy Bar Milk Margarine Diet – Same <i>Cal: 623 19.6gm Fat 24</i>	Southwestern Chicken Thigh# Spanish Rice Brussels Sprouts Whole Wheat Bread Fruited Lime Gelatin Milk Margarine Diet – Fruited Gelatin <i>Cal: 737 26.3gm Fat 25</i>	Smoked Sausage Cheesy Parslied Potatoes Cabbage Hot Dog Bun Fresh Fruit Milk Mustard Diet – Same <i>Cal: 608 20.9gm Fat 26</i>	Hamburger Patty* Sliced Cheese Lettuce/Tomato/Onion Baked Beans Hamburger Bun Peach Cobbler Milk Mayonnaise and Mustard Diet – Pineapple Tidbits <i>Cal: 895 28.6gm Fat 27</i>
Pomodoro Chicken Meatballs* Parslied Penne Pasta Italian Green Beans Whole Wheat Breadstick Fresh Fruit Milk Margarine Diet – Same <i>Cal: 676 23.1gm Fat 30</i>	Cubed Pork Steak with Gravy# Delmonico Potatoes Pacific Vegetables# Whole Wheat Bread Gingerbread Cookie Milk Margarine Diet – Same <i>Cal: 604 19.4gm Fat 31</i>			Meal ≥ 1000mg Sodium # New Menu Item * - Notates soy containing items ≤6.5% total volume - Vegetarian Entrée

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