



# Sixty & Better Activity Center Menu

## May 2018

Cycle 2, 2018

| Monday   | Tuesday  | Wednesday  | Thursday  | Friday   |
|--|--|--|---|--|
|  | Sloppy Joe<br>Tater Gems<br>Summer Vegetables<br>Hamburger Bun<br>Banana Pudding<br>Milk<br>Diet – Vanilla Pudding<br><br><i>Cal: 895 30.6gm Fat 1</i>   | Oven Fried Chicken Thigh<br>Macaroni and Cheese<br>Country Vegetables<br>Whole Wheat Bread<br>Fruited Lemon Gelatin<br>Milk<br>Margarine<br>Diet – Fruited Gelatin<br><br><i>Cal: 913 36.0gm Fat 2</i> | Tuna Salad<br>Pasta Salad<br>Cold Pickled Beets<br>Saltine Crackers<br>Fresh Banana<br><b>Birthday Cake</b><br>Milk<br>Diet – Same<br><br><i>Cal: 783 16.6gm Fat 3</i>                  | Turkey Pasta Bolognese#<br>Tossed Salad<br>Herbed Green Beans<br>Dinner Roll<br>Apple Cobbler<br>Milk<br>Margarine<br>Ranch Salad Dressing<br>Diet – Spiced Pears<br><i>Cal: 850 29.9gm Fat 4</i>      |
| Meatloaf*<br>Tomato Gravy<br>Garlic Whipped Potatoes<br>Catalina Vegetables<br>Whole Wheat Bread<br>Gingerbread Cookie<br>Milk<br>Margarine<br>Diet – Same<br><br><i>Cal: 645 21.1gm Fat 7</i> | Turkey Noodle Casserole<br>Sliced Carrots<br>Cauliflower<br>Dinner Roll<br>Fruited Strawberry Gelatin<br>Milk<br>Margarine<br>Diet – Fruited Gelatin<br><br><i>Cal: 712 16.1gm Fat 8</i>                   | Cheese Omelet<br>Parslied Potatoes<br>Spinach<br>Whole Wheat Bread<br>Fresh Banana<br>Milk<br>Margarine<br>Picante Sauce<br>Diet – Same<br><br><i>Cal: 644 24.0gm Fat 9</i>                            | Hamburger Patty*<br>Lettuce/Tomato/Onion<br>Ranch Beans<br>Hamburger Bun<br>Peach Cobbler<br>Milk<br>Mayonnaise and Mustard<br>Diet – Mixed Fruit<br><br><i>Cal: 911 33.3gm Fat 10</i>  | <b>Mother's Day</b><br>Spinach Chicken Patty<br>Rice Pilaf#<br>Green Beans<br>Dinner Roll<br>Strawberry Cake<br>Milk<br>Margarine<br>Diet – Same<br><br><i>Cal: 755 21.6gm Fat 11</i>                  |
| Swedish Chicken Meatballs#*<br>Macaroni and Cheese<br>Country Tomatoes<br>Whole Wheat Bread<br>Fig Bar<br>Milk<br>Margarine<br>Diet – Same<br><br><i>Cal: 802 31.8gm Fat 14</i>                | 10 Grain Pollock<br>Dirty Rice<br>Mixed Vegetables<br>Dinner Roll<br>Chocolate Chip Pudding<br>Milk<br>Margarine<br>Tartar Sauce<br>Diet – Chocolate Pudding<br><br><i>Cal: 876 31.3gm Fat 15</i>          | Pork Carnitas<br>Lettuce/Tomato/Onion<br>Pinto Beans<br>Flour Tortilla<br>Cranapple Cobbler<br>Milk<br>Taco Sauce<br>Diet – Applesauce<br><br><i>Cal: 722 15.1gm Fat 16</i>                            | Balsamic Brown Sugar Chicken<br>Breast#<br>Penne Pasta<br>Parslied Carrots<br>Whole Wheat Bread<br>Fresh Fruit<br>Milk<br>Margarine<br>Diet – Same<br><br><i>Cal: 672 13.3gm Fat 17</i> | Turkey Pastrami<br>Swiss Cheese<br>Lettuce and Tomato<br>Potato Salad<br>Whole Wheat Bread (2)<br>Strawberry Shortcake Cookie<br>Milk<br>Mustard<br>Diet – Cookie<br><br><i>Cal: 739 25.4gm Fat 18</i> |
| Turkey Tetrazzini<br>Broccoli<br>Ginger Carrots<br>Whole Wheat Breadstick<br>Fresh Fruit<br>Milk<br>Margarine<br>Diet – Same<br><br><i>Cal: 656 18.6gm Fat 21</i>                              | Hamburger Patty*<br>Sliced Cheese<br>Lettuce/Tomato/Onion<br>Ranch Beans<br>Hamburger Bun<br>Peach Cobbler<br>Milk<br>Mayonnaise and Mustard<br>Diet – Spiced Peaches<br><br><i>Cal: 963 37.7gm Fat 22</i> | Glazed Ham<br>Lima Beans<br>Okra and Tomatoes<br>Cornbread<br>Fresh Banana<br>Milk<br>Margarine<br>Diet – Same<br><br><i>Cal: 732 20.2gm Fat 23</i>  | Mexican Chicken Chili<br>Parslied Rice<br>Squash Medley<br>Saltine Crackers<br>Creamsicle Pudding<br>Milk<br>Margarine<br>Diet – Vanilla Pudding<br><br><i>Cal: 657 14.1gm Fat 24</i>   | Beef Burgundy*<br>Delmonico Potatoes<br>Brussels Sprouts<br>Whole Wheat Bread<br>Nutty Buddy Bar<br>Milk<br>Margarine<br>Diet – Same<br><br><i>Cal: 662 27.1gm Fat 25</i>                              |
| <b>Closed for Holiday</b><br><br><br><br><br><br><br><br><br><br>28  | Salisbury Beef*<br>Brown Gravy<br>Ranch Whipped Potatoes<br>Capri Vegetables<br>Whole Wheat Bread<br>Fresh Fruit<br>Milk<br>Margarine<br>Diet – Same<br><br><i>Cal: 655 23.3gm Fat 29</i>                  | Chicken Salad<br>Black-Eyed Pea Salad<br>Tomato Spoon Relish<br>Saltine Crackers<br>Gingerbread Cookie<br>Milk<br>Diet – Same<br><br><i>Cal: 666 23.4gm Fat 30</i>                                     | BBQ Pork Rib Patty*<br>Chuckwagon Corn<br>Cucumber Salad<br>Hamburger Bun<br>Apple Cobbler<br>Milk<br>Diet – Cinnamon Applesauce<br><br><i>Cal: 798 24.7gm Fat 31</i>                   | Meal ≥ 1000mg Sodium<br><br># New Menu Item<br><br>* - Notates soy containing items ≤6.5% total volume<br><br>- Vegetarian Entrée  |

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