



Sixty & Better Activity Center Menu

August 2018

Cycle 3, 2018

Monday	Tuesday	Wednesday	Thursday	Friday
Meal ≥ 1000mg Sodium # New Menu Item * - Notates soy containing items ≤6.5% total volume - Vegetarian Entrée		Hamburger Patty* Sliced Cheese Lettuce/Tomato/Onion Baked Beans Hamburger Bun Peach Cobbler Milk Mayonnaise and Mustard Diet – Pineapple Tidbits <i>Cal: 977 37.6gm Fat 1</i>	Sliced Turkey Breast Swiss Cheese Lettuce and Tomato Green Pea Salad Whole Wheat Bread (2) Fresh Fruit Birthday Cake Milk Mustard Diet – Same <i>Cal: 771 23.5gm Fat 2</i>	Chicken Quesadilla Casserole Mexican Rice Broccoli Saltine Crackers Butterscotch Pudding Milk Diet – Chocolate Pudding <i>Cal: 658 15.8gm Fat 3</i>
Turkey Pot Pie Cauliflower Stewed Tomatoes Whole Wheat Bread Nutty Buddy Bar Milk Margarine Diet – Same <i>Cal: 621 21.2gm Fat 6</i>	Sloppy Joe Chuckwagon Corn Cucumber Salad Hamburger Bun Apple Cobbler Milk Diet – Cinnamon Applesauce <i>Cal: 769 24.9gm Fat 7</i>	10 Grain Pollock Brown Rice Catalina Vegetables Whole Wheat Bread Orange Gelatin Milk Tartar Sauce Diet – Gelatin <i>Cal: 694 18.9gm Fat 8</i>	Pizza Casserole# Broccoli Green Beans Dinner Roll Fresh Banana Milk Margarine Diet – Same <i>Cal: 761 27.7gm Fat 9</i>	Pork Carnitas Pinto Beans Fiesta Vegetables Flour Tortilla Chocolate Pudding Milk Taco Sauce Diet – Chocolate Pudding <i>Cal: 714 15.4gm Fat 10</i>
Salisbury Beef* Onion Gravy Garlic Whipped Potatoes Spring Vegetables Whole Wheat Bread Fresh Fruit Milk Margarine Diet – Same <i>Cal: 709 25.0gm Fat 13</i>	Sausage Gumbo# Dirty Rice Medley Cabbage Saltine Crackers Oatmeal Cookie Milk Diet – Cookie <i>Cal: 625 23.3gm Fat 14</i>	Oven Fried Chicken Breast Macaroni and Cheese Green Beans Dinner Roll Fruited Cherry Gelatin Milk Margarine Diet – Fruited Gelatin <i>Cal: 759 18.1gm Fat 15</i>	Hamburger Patty* Lettuce/Tomato/Onion Baked Beans Hamburger Bun Peach Cobbler Milk Mayonnaise and Mustard Diet – Spiced Peaches <i>Cal: 925 33.3gm Fat 16</i>	Tuna Salad Pasta Salad Tomato Spoon Relish Saltine Crackers Fudge Cream Cookie Milk Diet – Same <i>Cal: 603 16.0gm Fat 17</i>
Chicken Alfredo Parslied Carrots Green Beans Whole Wheat Breadstick Fresh Fruit Milk Margarine Diet – Same <i>Cal: 641 14.1gm Fat 20</i>	Cheese Omelet O'Brien Potatoes Hot Spiced Apples Whole Wheat Bread Strawberry Swirl Pudding Milk Picante Sauce Margarine Diet – Vanilla Pudding <i>Cal: 726 26.6gm Fat 21</i>	Beef Taco Lettuce/Tomato/Onion Spanish Rice Flour Tortilla Apple Cobbler Milk Taco Sauce Diet – Spiced Apples <i>Cal: 733 23.3gm Fat 22</i>	Turkey Breast with Gravy Black-Eyed Peas Medley Cabbage Cornbread Fig Bar Milk Margarine Diet – Same <i>Cal: 678 22.7gm Fat 23</i>	Swiss Steak* Oven Roasted Potatoes Capri Vegetables Dinner Roll Fruited Lemon Gelatin Milk Margarine Diet – Fruited Gelatin <i>Cal: 726 25.8gm Fat 24</i>
Potato Crusted Fish Confetti Rice Summer Vegetables Whole Wheat Bread Oatmeal Cream Cookie Milk Tartar Sauce Diet – Same <i>Cal: 759 28.1gm Fat 27</i>	Bruschetta Chicken#* Herbed Green Peas Cauliflower Dinner Roll Banana Pudding Milk Margarine Diet – Vanilla Pudding <i>Cal: 858 29.4gm Fat 28</i>	Hamburger Patty* Lettuce/Tomato/Onion Ranch Beans Hamburger Bun Peach Cobbler Milk Mayonnaise and Mustard Diet – Pineapple Tidbits <i>Cal: 911 33.3gm Fat 29</i>	Ham Salad# Three Bean Salad Carrot Raisin Salad Saltine Crackers Fruited Lime Gelatin Milk Diet – Fruited Gelatin <i>Cal: 777 23.9gm Fat 30</i>	Labor Day BBQ Pork Rib Patty* Tater Gems Dilled Carrots Hamburger Bun Confetti Cake# Milk Diet – Same <i>Cal: 843 30.1gm Fat 31</i>

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