



# Sixty & Better Activity Center Menu

## July 2018

Cycle 3, 2018

Monday	Tuesday	Wednesday	Thursday	Friday
Salisbury Beef* Onion Gravy Garlic Whipped Potatoes Spring Vegetables Whole Wheat Bread Fresh Fruit Milk Margarine Diet – Same Cal: 709 25.0gm Fat 2	<b>Independence Day</b> 🎉 Smoked Sausage Seasoned Cubed Potatoes# Mixed Vegetables Hot Dog Bun Carnival Cookie Milk Mustard Diet – Cookie Cal: 715 23.5gm Fat 3	<b>Closed for Holiday</b>	Hamburger Patty* Lettuce/Tomato/Onion Baked Beans Hamburger Bun Fresh Fruit <b>Birthday Cake</b> 🎂 Milk Mayonnaise and Mustard Diet – Same Cal: 936 34.1gm Fat 5	Tuna Salad 🎉 Pasta Salad Tomato Spoon Relish Saltine Crackers Fudge Cream Cookie Milk Diet – Same Cal: 603 16.0gm Fat 6
Chicken Alfredo Parslied Carrots Green Beans Whole Wheat Breadstick Fresh Fruit Milk Margarine Diet – Same Cal: 641 14.1gm Fat 9	Cheese Omelet ✓ O'Brien Potatoes 🎉 Hot Spiced Apples Whole Wheat Bread Strawberry Swirl Pudding Milk Picante Sauce Margarine Diet – Vanilla Pudding Cal: 726 26.6gm Fat 10	Beef Taco Lettuce/Tomato/Onion Spanish Rice Flour Tortilla Apple Cobbler Milk Taco Sauce Diet – Spiced Apples Cal: 733 23.3gm Fat 11	Turkey Breast with Gravy 🎉 Black-Eyed Peas Medley Cabbage Cornbread Fig Bar Milk Margarine Diet – Same Cal: 678 22.7gm Fat 12	Swiss Steak* Oven Roasted Potatoes Capri Vegetables Dinner Roll Fruited Lemon Gelatin Milk Margarine Diet – Fruited Gelatin Cal: 726 25.8gm Fat 13
Potato Crusted Fish Confetti Rice Summer Vegetables Whole Wheat Bread Oatmeal Cream Cookie Milk Tartar Sauce Diet – Same Cal: 759 28.1gm Fat 16	Bruschetta Chicken** 🎉 Herbed Green Peas Cauliflower Dinner Roll Banana Pudding Milk Margarine Diet – Vanilla Pudding Cal: 858 29.4gm Fat 17	Hamburger Patty* Lettuce/Tomato/Onion Ranch Beans Hamburger Bun Peach Cobbler Milk Mayonnaise and Mustard Diet – Pineapple Tidbits Cal: 911 33.3gm Fat 18	Ham Salad# 🎉 Three Bean Salad Carrot Raisin Salad Saltine Crackers Fruited Lime Gelatin Milk Diet – Fruited Gelatin Cal: 777 23.9gm Fat 19	Meatloaf* 🎉 Tomato Gravy Whipped Potatoes Mixed Vegetables Dinner Roll Fresh Banana Milk Margarine Diet – Same Cal: 752 20.4gm Fat 20
Country Fried Steak* 🎉 Country Gravy Whipped Potatoes Garden Vegetables Dinner Roll Fresh Fruit Milk Margarine Diet – Same Cal: 826 28.7gm Fat 23	Turkey Supreme 🎉 Squash Medley Diced Beets Whole Wheat Bread Gingerbread Cookie Milk Margarine Diet – Same Cal: 673 20.7gm Fat 24	Vegetable Lasagna ✓ 🎉 Tossed Salad Sliced Carrots Whole Wheat Breadstick Cranapple Cobbler Milk Ranch Salad Dressing Margarine Diet – Cinnamon Applesauce Cal: 737 22.9gm Fat 25	Baked Chicken with Gravy Mashed Spiced Yams Herbed Green Beans Whole Wheat Bread Fruited Strawberry Gelatin Milk Margarine Diet – Fruited Gelatin Cal: 618 15.2gm Fat 26	Beef with Mushroom Gravy* Lima Beans Country Tomatoes Cornbread Chocolate Chip Cookie Milk Margarine Diet – Cookie Cal: 848 34.7gm Fat 27
Rosemary Chicken Meatballs* Squash Rice Casserole# Mixed Vegetables Whole Wheat Bread Fresh Fruit Milk Margarine Diet – Same Cal: 696 25.8gm Fat 30	Homestyle Ham Casserole# 🎉 Cauliflower Spinach Dinner Roll Peanut Butter Cookie Milk Margarine Diet – Cookie Cal: 673 21.4gm Fat 31			🎉 Meal ≥ 1000mg Sodium # New Menu Item * - Notates soy containing items ≤6.5% total volume ✓ - Vegetarian Entrée

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