Sixty & Better Activity Center Menu
December 2018 Cycle 4, 2018

Monday	Tuesday	Wednesday	Thursday	Friday
Baked Chicken with Gravy Parslied Penne Pasta Mixed Vegetables Whole Wheat Bread Fresh Fruit Milk Margarine Diet – Same *Cal: 608 14.1gm Fat* 3	Country Fried Steak* Country Gravy Whipped Potatoes Green Beans Dinner Roll Fruited Orange Gelatin Milk Margarine Diet – Fruited Gelatin *Cal: 869 28.5gm Fat* 4	Cheese Omelet Parslied Potatoes Apple Raisin Compote# Whole Wheat Bread Nutty Buddy Bar Milk Picante Sauce Diet – Same *Cal: 650 23.3gm Fat* 5	Turkey Tetrazzini Brussels Sprouts Parslied Carrots Dinner Roll Fresh Fruit **Birthday Cake** Milk Margarine Diet – Same *Cal: 847 23.1gm Fat* 6	Hamburger Patty* Sliced Cheese Lettuce/Tomato/Onion Baked Beans Hamburger Bun Cranapple Cobbler Milk Mayonnaise and Mustard Diet – Spiced Apples *Cal: 996 38.2gm Fat* 7
Beef Pepper Steak*# Brown Gravy Parslied Rice Spring Vegetables Whole Wheat Bread Gingerbread Cookie Milk Margarine Diet – Same *Cal: 685 27.0gm Fat* 10	BBQ Pork Rib Patty* Chuckwagon Corn Tomato Spoon Relish Hamburger Bun Peach Cobbler Milk Diet – Spiced Peaches *Cal: 828 25.8gm Fat* 11	Oven Fried Chicken Breast Lemon Herb Pasta Broccoli Texas Bread Fruited Lemon Gelatin Milk Margarine Diet – Fruited Gelatin *Cal: 716 13.0gm Fat* 12	Beef Chili with Beans Oven Roasted Potatoes Turnip Greens Cornbread Fresh Banana Milk Margarine Diet – Same *Cal: 803 27.4gm Fat* 13	**Holiday** Glazed Ham Au Gratin Potatoes Italian Green Beans Dinner Roll Spiced Cake Milk Margarine Diet – Same *Cal: 672 20.1gm Fat* 14
Swedish Chicken Meatballs* Ranch Whipped Potatoes Capri Vegetables Whole Wheat Bread Fudge Cream Cookie Milk Margarine Diet – Same *Cal: 739 28.1gm Fat* 17	10 Grain Pollock Rice Pilaf# Broccoli Dinner Roll Fruited Strawberry Gelatin Milk Tartar Sauce Diet – Fruited Gelatin *Cal: 792 22.0gm Fat* 18	Hamburger Patty* Lettuce/Tomato/Onion Ranch Beans Hamburger Bun Apple Cobbler Milk Mayonnaise and Mustard Diet – Cinnamon Applesauce *Cal: 912 33.9gm Fat* 19	King Ranch Chicken Casserole Whole Kernel Corn Sliced Carrots Whole Wheat Bread Fresh Banana Milk Margarine Diet – Same *Cal: 680 19.0gm Fat* 20	Glazed Ham Macaroni and Cheese Green Beans with Red Peppers Dinner Roll Peanut Butter Cookie Milk Margarine Diet – Cookie *Cal: 718 24.5gm Fat* 21
Closed for Holiday 24	**Closed for Holiday** 25	Sloppy Joe Tater Gems Glazed Carrots Hamburger Bun Fresh Fruit Milk Diet – Same *Cal: 743 26.1gm Fat* 26	Pork Carnitas Lettuce/Tomato/Onion Charro Beans Flour Tortilla Peach Cobbler Milk Taco Sauce Diet – Pineapple Tidbits *Cal: 738 16.7gm Fat* 27	**New Year's Eve** Apple Glazed Ham Black-Eyed Peas Mixed Greens Cornbread Oreo Cookies Milk Margarine Diet – Same *Cal: 681 25.4gm Fat* 28
Creamy Caper Chicken# Roasted Sweet Potatoes Green Beans Dinner Roll Fresh Fruit Milk Margarine Diet – Same *Cal: 623 17.8gm Fat* 31				Meal ≥ 1000mg Sodium # New Menu Item * - Notates soy containing items ≤6.5% total volume - Vegetarian Entrée

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