



Sixty & Better Activity Center Menu

November 2018

Cycle 4, 2018

Monday	Tuesday	Wednesday	Thursday	Friday
Meal \geq 1000mg Sodium # New Menu Item * - Notates soy containing items \leq 6.5% total volume - Vegetarian Entrée			Beef Chili with Beans Oven Roasted Potatoes Turnip Greens Cornbread Fresh Fruit Birthday Cake Milk Margarine Diet – Same <i>Cal: 931 33.8gm Fat 1</i>	Turkey Pastrami Swiss Cheese Lettuce and Tomato Kidney Bean Salad Whole Wheat Bread (2) Oreo Cookies# Milk Mustard Diet – Same <i>Cal: 724 23.4gm Fat 2</i>
Swedish Chicken Meatballs* Ranch Whipped Potatoes Capri Vegetables Whole Wheat Bread Fudge Cream Cookie Milk Margarine Diet – Same <i>Cal: 739 28.1gm Fat 5</i>	10 Grain Pollock Rice Pilaf# Broccoli Dinner Roll Fruited Strawberry Gelatin Milk Tartar Sauce Diet – Fruited Gelatin <i>Cal: 792 22.0gm Fat 6</i>	Hamburger Patty* Lettuce/Tomato/Onion Ranch Beans Hamburger Bun Apple Cobbler Milk Mayonnaise and Mustard Diet – Cinnamon Applesauce <i>Cal: 912 33.9gm Fat 7</i>	King Ranch Chicken Casserole Whole Kernel Corn Sliced Carrots Whole Wheat Bread Fresh Banana Milk Margarine Diet – Same <i>Cal: 680 19.0gm Fat 8</i>	Glazed Ham Macaroni and Cheese Green Beans with Red Peppers Dinner Roll Peanut Butter Cookie Milk Margarine Diet – Cookie <i>Cal: 718 24.5gm Fat 9</i>
Three Cheese Ziti Broccoli Herbed Brussels Sprouts# Whole Wheat Bread Fig Bar Milk Margarine Diet – Same <i>Cal: 780 27.6gm Fat 12</i>	Apricot Chicken Penne with Asparagus# Catalina Vegetables Whole Wheat Bread Snickerdoodle Cookie# Milk Margarine Diet – Cookie <i>Cal: 712 21.3gm Fat 13</i>	Sloppy Joe Tater Gems Glazed Carrots Hamburger Bun Fresh Fruit Milk Diet – Same <i>Cal: 743 26.1gm Fat 14</i>	Pork Carnitas Lettuce/Tomato/Onion Charro Beans Flour Tortilla Peach Cobbler Milk Taco Sauce Diet – Pineapple Tidbits <i>Cal: 738 16.7gm Fat 15</i>	Thanksgiving Turkey Breast with Gravy Cornbread Dressing Mashed Spiced Yams Green Beans Dinner Roll Milk Margarine <i>Cal: 686 21.8gm Fat 16</i>
Creamy Caper Chicken# Roasted Sweet Potatoes Green Beans Dinner Roll Fresh Fruit Milk Margarine Diet – Same <i>Cal: 623 17.8gm Fat 19</i>	Hamburger Patty* Lettuce/Tomato/Onion Ranch Beans Hamburger Bun Apple Cobbler Milk Mayonnaise and Mustard Diet – Cinnamon Applesauce <i>Cal: 912 33.9gm Fat 20</i>	Potato Crusted Fish Macaroni and Cheese Mixed Vegetables Whole Wheat Bread Fruited Lime Gelatin Milk Tartar Sauce Diet – Fruited Gelatin <i>Cal: 810 26.5gm Fat 21</i>	Closed for Holiday	
Meatloaf* Onion Gravy Scalloped Potatoes California Vegetables Whole Wheat Bread Oatmeal Cream Cookie Milk Margarine Diet – Same <i>Cal: 781 30.0gm Fat 26</i>	Turkey Pasta Bolognese# French Green Beans# Dilled Carrots Texas Bread Banana Pudding Milk Margarine Diet – Vanilla Pudding <i>Cal: 853 22.5gm Fat 27</i>	Beef Taco Lettuce/Tomato/Onion Mexican Rice Flour Tortilla Peach Cobbler Milk Taco Sauce Diet – Mixed Fruit <i>Cal: 754 23.2gm Fat 28</i>	Smoked Sausage Lima Beans Mixed Greens Cornbread Fresh Banana Milk Margarine Diet – Same <i>Cal: 774 27.4gm Fat 29</i>	Yogurt Dill Chicken Salad# Pasta Salad Cold Pickled Beets Saltine Crackers Fruited Strawberry Gelatin Milk Diet – Fruited Gelatin <i>Cal: 655 22.8gm Fat 30</i>