



Sixty & Better Activity Center Menu

October 2018

Cycle 4, 2018

Monday	Tuesday	Wednesday	Thursday	Friday
Three Cheese Ziti ✓ Broccoli Herbed Brussels Sprouts# Whole Wheat Bread Fig Bar Milk Margarine Diet – Same <i>Cal: 780 27.6gm Fat 1</i>	Apricot Chicken Penne with Asparagus# Catalina Vegetables Whole Wheat Bread Snickerdoodle Cookie# Milk Margarine Diet – Cookie <i>Cal: 712 21.3gm Fat 2</i>	Sloppy Joe Tater Gems Glazed Carrots Hamburger Bun Fresh Fruit Milk Diet – Same <i>Cal: 743 26.1gm Fat 3</i>	Pork Carnitas Lettuce/Tomato/Onion Charro Beans Flour Tortilla Fresh Fruit Birthday Cake Milk Taco Sauce Diet – Same <i>Cal: 751 17.5gm Fat 4</i>	Turkey Breast with Gravy Field Peas Spinach Cornbread Fruited Cherry Gelatin Milk Margarine Diet – Fruited Gelatin <i>Cal: 736 22.7gm Fat 5</i>
Creamy Caper Chicken# Roasted Sweet Potatoes Green Beans Dinner Roll Fresh Fruit Milk Margarine Diet – Same <i>Cal: 623 17.8gm Fat 8</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 9</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 10</i>	Swiss Steak* Garlic Whipped Potatoes Okra and Tomatoes Dinner Roll Fudge Cream Cookie Milk Margarine Diet – Same <i>Cal: 808 31.0gm Fat 11</i>	Chicken Quesadilla Casserole Spanish Rice Sliced Carrots Saltine Crackers Carnival Cookie Milk Diet – Cookie <i>Cal: 644 17.5gm Fat 12</i>
Meatloaf* Onion Gravy Scalloped Potatoes California Vegetables Whole Wheat Bread Oatmeal Cream Cookie Milk Margarine Diet – Same <i>Cal: 781 30.0gm Fat 15</i>	Turkey Pasta Bolognese# French Green Beans# Dilled Carrots Texas Bread Banana Pudding Milk Margarine Diet – Vanilla Pudding <i>Cal: 853 22.5gm Fat 16</i>	Beef Taco Lettuce/Tomato/Onion Mexican Rice Flour Tortilla Peach Cobbler Milk Taco Sauce Diet – Mixed Fruit <i>Cal: 754 23.2gm Fat 17</i>	Smoked Sausage Lima Beans Mixed Greens Cornbread Fresh Banana Milk Margarine Diet – Same <i>Cal: 774 27.4gm Fat 18</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 19</i>
Baked Chicken with Gravy Parslied Penne Pasta Mixed Vegetables Whole Wheat Bread Fresh Fruit Milk Margarine Diet – Same <i>Cal: 608 14.1gm Fat 22</i>	Country Fried Steak* Country Gravy Whipped Potatoes Green Beans Dinner Roll Fruited Orange Gelatin Milk Margarine Diet – Fruited Gelatin <i>Cal: 869 28.5gm Fat 23</i>	Cheese Omelet ✓ Parslied Potatoes Apple Raisin Compote# Whole Wheat Bread Nutty Buddy Bar Milk Picante Sauce Diet – Same <i>Cal: 650 23.3gm Fat 24</i>	Turkey Tetrazzini Brussels Sprouts Parslied Carrots Dinner Roll Chocolate Chip Cookie Milk Margarine Diet – Cookie <i>Cal: 751 22.6gm Fat 25</i>	Hamburger Patty* Sliced Cheese Lettuce/Tomato/Onion Baked Beans Hamburger Bun Cranapple Cobbler Milk Mayonnaise and Mustard Diet – Spiced Apples <i>Cal: 996 38.2gm Fat 26</i>
Beef Pepper Steak*# Brown Gravy Parslied Rice Spring Vegetables Whole Wheat Bread Gingerbread Cookie Milk Margarine Diet – Same <i>Cal: 685 27.0gm Fat 29</i>	BBQ Pork Rib Patty* Chuckwagon Corn Tomato Spoon Relish Hamburger Bun Peach Cobbler Milk Diet – Spiced Peaches <i>Cal: 828 25.8gm Fat 30</i>	Oven Fried Chicken Breast Lemon Herb Pasta Broccoli Texas Bread Fruited Lemon Gelatin Milk Margarine Diet – Fruited Gelatin <i>Cal: 716 13.0gm Fat 31</i>	Meal ≥ 1000mg Sodium # New Menu Item * - Notates soy containing items ≤6.5% total volume ✓ - Vegetarian Entrée	

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