



Sixty & Better Activity Center Menu February 2019

Cycle 1, 2019

| Monday | Tuesday | Wednesday | Thursday | Friday |
|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------|
| | | | | Bean Chili Parslied Rice Spinach Cornbread Fresh Fruit Milk Margarine Diet - Same Cal: 741 Fat: 20g |
| Beef with Mushroom Gravy* Whipped Potatoes Capri Vegetables Whole Wheat Bread Fresh Fruit Milk Margarine Diet - Same Cal: 650 Fat: 22g | Sloppy Joe Tater Gems Italian Green Beans Hamburger Bun Fudge Cream Cookie Milk Diet - Same Cal: 802 Fat: 32g | Turkey Tetrazzini Broccoli Squash Medley Whole Wheat Breadstick Fresh Banana Milk Margarine Diet - Same Cal: 682 Fat: 19g | BBQ Pork Rib Patty* Carrot Raisin Salad Ranch Beans Hamburger Bun Fresh Fruit Birthday Cake Milk Diet - Same Cal: 958 Fat: 28g | Cheese Enchiladas with Red Sauce Mexican Rice Mixed Vegetables Fruited Lemon Gelatin Milk Diet - Fruited Gelatin Cal: 710 Fat: 15g |
| Teriyaki Chicken Meatballs* Jasmine Rice Broccoli w/Red Peppers Whole Wheat Bread Fruited Cherry Gelatin Milk Margarine Diet - Fruited Gelatin Cal: 719 Fat: 21g | Smoked Sausage Whole Kernel Corn Brussels Sprouts Hot Dog Bun Oatmeal Cream Cookie Milk Mustard Diet - Same Cal: 687 Fat: 22g | Hamburger Patty* Lettuce/Tomato/Onion Baked Beans Hamburger Bun Apple Cobbler Milk Mayonnaise and Mustard Diet - Cinnamon Applesauce Cal: 854 Fat: 25g | Valentine's Day Stuffed Salmon Pasta Alfredo Tuscany Vegetables Dinner Roll Red Velvet Cake Milk Margarine Diet - Same Cal: 691 Fat: 19g | Cheese Omelet O'Brien Potatoes Sliced Carrots Whole Wheat Bread Fresh Fruit Milk Picante Sauce Diet - Same Cal: 655 Fat: 25g |
| Country Fried Steak* Country Gravy Garlic Whipped Potatoes Tangy Spinach Dinner Roll Fresh Fruit Milk Margarine Diet - Same Cal: 831 Fat: 30g | Parmesan Chicken Patty Macaroni and Cheese Italian Vegetables Whole Wheat Bread Creamsicle Pudding Milk Margarine Diet - Vanilla Pudding Cal: 670 Fat: 19g | Beef Taco Meat Lettuce/Tomato/Onion Pinto Beans Flour Tortilla Peach Cobbler Milk Taco Sauce Diet - Pineapple Tidbits Cal: 797 Fat 23g | Pineapple Glazed Ham Black-Eyed Peas Mixed Greens Cornbread Fresh Banana Milk Margarine Diet - Same Cal: 653 Fat: 21g | 10 Grain Pollock Rice Florentine Mixed Vegetables Whole Wheat Bread Gingerbread Cookie Milk Margarine Diet - Same Cal: 692 Fat: 22g |
| Baked Chicken Breast Chicken Gravy Chuckwagon Corn Green Beans Amandine Dinner Roll Fresh Fruit Milk Margarine Diet - Same Cal: 604 Fat: 16g | Ground Beef Stew Lima Beans Spinach Cornbread Fudge Cream Cookie Milk Margarine Diet - Same Cal: 913 Fat: 37g | Chicken Fajitas Spanish Rice Sliced Carrots Flour Tortilla Fruited Orange Gelatin Milk Diet - Fruited Gelatin Cal: 617 Fat: 10g | Hamburger Patty* Sliced Cheese Lettuce/Tomato/Onion Sweet Potato Tots Hamburger Bun Cranapple Cobbler Milk Mayonnaise and Mustard Diet - Mixed Fruit Cal: 966 Fat: 41g | |

Olivia Seaton, RD, LD

#DT84287 11/6/18

New Menu Item
 Vegetarian Entrée
 Meal > 1,000 mg sodium
 * Soy containing item (< 6.5% of total volume)