



Sixty & Better Activity Center Menu

March 2019

Cycle 1, 2019

Monday	Tuesday	Wednesday	Thursday	Friday
				Vegetarian Lasagna Squash Medley Broccoli Whole Wheat Breadstick Fresh Fruit Milk Margarine Diet - Same Cal: 614 Fat: 17g
Swiss Steak Oven Roasted Potatoes California Vegetables Whole Wheat Bread Fresh Fruit Milk Margarine Diet - Same Cal: 649 Fat: 27g	Chicken Alfredo Tossed Salad Green Beans Whole Wheat Bread Peach Cobbler Milk Margarine Ranch Salad Dressing Diet - Pineapple Tidbits Cal: 901 Fat: 26g	Ash Wednesday Lemon Pepper Fish Glazed Carrots Broccoli Dinner Roll Sugar Cookie Milk Margarine Diet - Brownie Cal: 715 Fat: 29g	Oven Fried Chicken Thigh Green Peas Glazed Carrots Texas Bread Fresh Orange Birthday Cake Milk Margarine Diet - Same Cal: 983 Fat: 39g	Tuna Salad Pasta Salad Cold Pickled Beets Saltine Crackers Oatmeal Cream Cookie Milk Diet - Same Cal: 691 Fat: 17g
4	5	6	7	8
Cheesy Chicken Macaroni Green Beans with Onions Stewed Tomatoes Whole Wheat Bread Fresh Fruit Milk Margarine Diet - Same Cal: 651 Fat: 18g	Hamburger Patty* Lettuce/Tomato/Onion Baked Beans Hamburger Bun Apple Cobbler Milk Mayonnaise and Mustard Diet - Applesauce Cal: 925 Fat: 34g	Sliced Turkey and Swiss Cheese Lettuce and Tomato Corn Salad Vegetable Soup Whole Wheat Bread (2) Banana Pudding Milk Mustard Diet - Vanilla Pudding Cal: 880 Fat: 24g	Meatloaf* Brown Gravy Ranch Whipped Potatoes Sliced Carrots Whole Wheat Bread Nutty Buddy Bar Milk Margarine Diet - Same Cal: 652 Fat: 23g	Bean Chili Parslied Rice Spinach Cornbread Fresh Fruit Milk Margarine Diet - Same Cal: 741 Fat: 20g
11	12	13	14	15
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 Tetrizzini 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 Peach Cobbler Milk Diet - Spiced Peaches Cal: 946 Fat: 27g	Cheese Enchiladas with Red Sauce Mexican Rice Mixed Vegetables Fruited Lemon Gelatin Milk Diet - Fruited Gelatin Cal: 710 Fat: 15g
18	19	20	21	22
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	Turkey Spaghetti Casserole Cauliflower Herbed Green Beans Whole Wheat Breadstick Fresh Fruit Milk Margarine Diet - Same Cal: 637 Fat: 19g	Cheese Omelet O'Brien Potatoes Sliced Carrots Whole Wheat Bread Fresh Fruit Milk Picante Sauce Diet - Same Cal: 655 Fat: 25g
25	26	27	28	29

Allison Leather, RD, LD

#DT84287 11/6/18

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