

Sixty & Better Activity Center Menu

August 2019

Cycle 3, 2019

Monday	Tuesday	Wednesday	Thursday	Friday
			Sliced Turkey Pastrami Swiss Cheese Lettuce and Tomato Herbed Potato Salad Whole Wheat Bread (2) All - Fresh Fruit Birthday Cake Milk/Mustard Cal: 785 Fat: 23g	Hamburger Patty* Sliced Cheese Lettuce/Tomato/Onion Baked Beans Hamburger Bun Cranapple Cobbler Milk/Mayo/Mustard Diet - Pineapple Tidbits Cal: 996 Fat: 38g
Turkey Pot Pie Cauliflower Roasted Brussels Sprouts Whole Wheat Bread All - Red Velvet Cake Milk Margarine Cal: 701 Fat: 23g	Sloppy Joe Whole Kernel Corn Cucumber Onion Salad Hamburger Bun Apple Cobbler Milk Diet - Cinnamon Applesauce Cal: 773 Fat: 25g	Dijon Herb Chicken Thigh Brown Rice Catalina Vegetables Whole Wheat Bread Orange Gelatin Milk/Margarine Diet - Gelatin Cal: 766 Fat: 30g	Pizza Casserole Broccoli Sliced Carrots Dinner Roll All - Fresh Banana Milk Margarine Cal: 750 Fat: 27g	Pork Carnitas Pinto Beans Fiesta Vegetables Flour Tortilla Chocolate Pudding Milk/ Taca Sauce Diet - Chocolate Pudding Cal: 732 Fat: 16g
Chicken Gumbo Dirty Rice Medley Cabbage Saltine Crackers Oatmeal Cookie Milk Diet - Cookie Cal: 640 Fat: 19g	Salisbury Beef* Onion Gravy Egg Noodles Spring Vegetables Whole Wheat Bread All - Fresh Fruit Milk Margarine Cal: 713 Fat: 26g	Oven Fried Chicken Thigh Ranch Whipped Potatoes Green Beans Dinner Roll Fruited Cherry Gelatin Milk Margarine Diet - Fruited Gelatin Cal: 878 Fat: 31g	Hamburger Patty* Lettuce/Tomato/Onion Pinto Beans Hamburger Bun Peach Cobbler Milk Mayonnaise and Mustard Diet - Spiced Peaches Cal: 915 Fat: 34g	Chicken Salad Pasta Salad Tomato Mozzarella Sala Saltine Crackers All - Fresh Banana Milk Cal: 657 Fat: 18g
Chicken Alfredo Parslied Carrots Green Beans Texas Bread All - Fresh Fruit Milk Margarine Cal: 763 Fat: 14g	Cheese Omelet Oven Roasted Potatoes Broccoli Whole Wheat Bread Strawberry Swirl Pudding Milk/ Margarine Picante Sauce Diet - Vanilla Pudding Cal: 647 Fat: 26g	Beef Taco Salad: Beef Taco Meat Black Beans Shredded Cheese/ Lettuce Tortilla Chips Apple Cobbler Milk Taco Sauce Diet - Spiced Apples Cal: 879 Fat 31g	Turkey Breast Black-Eyed Peas Okra and Tomatoes Combread Sugar Cookie Milk Margarine Diet - Cookie Cal: 617 Fat: 23g	Swiss Steak* Garlic Whipped Potatoes Capri Vegetables Dinner Roll Fruited Lemon Gelatin Milk Margarine Diet - Fruited Gelatin Cal: 752 Fat: 24g
Potato Crusted Fish Confetti Rice Summer Vegetables Whole Wheat Bread All - Oatmeal Cream Cookie Milk Margarine Tartar Sauce Cal: 787 Fat: 31g	Bruschetta Chicken* Herbed Green Peas Penne Pasta Dinner Roll Banana Pudding Milk Margarine Diet - Vanilla Pudding Cal: 939 Fat: 29g	Hamburger Patty* Lettuce/Tomato/Onion Ranch Beans Hamburger Bun Cranapple Cobbler Milk Mayonnaise and Mustard Diet - Pineapple Tidbits Cal: 931 Fat: 34g	Egg Salad Three Bean Salad Carrot Raisin Salad Saltine Crackers Fruited Lime Gelatin Milk Diet - Fruited Gelatin Cal: 791 Fat: 26g	Labor Day Meal BBQ Pork Rib Patty* Tater Tot Casserole Cucumber Salad Hamburger Bun Peach Cobbler Milk Diet - Cinnamon Applesauce Cal: 962 Fat: 32g

New Menu Item

Vegetarian Entrée

Meal > 1,000 mg sodium

* Soy containing item (< 6.5% of total volume)