

Lifebridge Community Services "CHOICE" MENU
Nutrition for Mind, Body and Spirit
August 2017

Monday	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1	2	3	4
	6 oz Butternut Squash Soup 1 pkt crackers ¾ c. California Chicken Salad Plate/Shredded Carrots, Sliced Apples, Raisins & Mayo on Bed Of Lettuce/ Croutons 1 c. Pasta, Vegetable, Olive Salad W/Broccoli & Peppers ½ c. Beet Salad 1/2c melon 8oz Low Fat Milk		¾ c. Roasted Cauliflower Soup/LS Crackers 2 oz Thin Sliced Medium Roast Beef & 1oz Sliced Cheese W/ Onions & Tomato on Kaiser Roll 1 tsp Mayo/ Mustard 1/2c Potato Salad 4 oz Orange juice 1 slice Carrot cake 8 oz milk	
7	8	9	10	11
	Birthday Celebration 6 oz Italian Wedding Soup 1 pkt LS crackers Chef Salad – 1 oz LS Fresh Roast Turkey/ 1 oz Cheese & 1 Hard Cooked Egg, LS DRESSING 1 Small Whole Wheat Roll ½c.Tomato, Cucumber, Onion, Basil Salad 4 oz Grape Juice 1 slice Chocolate Cake 8 oz low fat milk		2 oz. Sliced Virginia Ham/1 oz Swiss Cheese Mustard/1 Mayonnaise 1/2c Salad (Tomato, Onion, Cucumber, Basil) ½ C. Coleslaw W/Shredded Carrot 4 oz pineapple juice ½ cup Fruited Jello 8 oz low fat milk	
14	15	16	17	18
	6oz Lentil soup 1 pkt LS crackers New York Hero – Smoked Turkey, Ham & Provolone (3 oz total) W/ LS Italian Dressing, Sliced Tomato, Green Peppers, Lettuce ½ c. Tomato Cucumber Salad 4oz. pineapple juice ½ cup ice cream cup 8oz Low Fat Milk		1/2c Turkey Salad W/Celery on Whole Wheat Kaiser Roll 1c. Tossed Salad W/LS Dressing 1/2c Chickpea Salad W/Onion, Green Pepper & Garlic) ½ cup peaches 8 oz low fat milk	
21	22	23	24	25
	3/4c Seafood Salad on Small Deli Roll W/Shredded Lettuce 1/2c Carrot Raisin Salad 1/2c Tomato & Cucumber Salad 4 oz Grape Juice ½ cup Applesauce 8 oz Low fat milk		6 Oz Tomato Basil Soup 3 oz Egg Salad Sandwich Croissant 1 tsp margarine Lettuce and tomato ½ cup Three Bean Salad ½ cup pears 8 oz low fat milk	
28	29	30	31	
	<u>6 oz.Sweet Potato Coconut Soup</u> 2 oz. Fresh Roast LS Turkey & 1 oz. LS Cheese W/Lettuce & Tomato on 6 " Whole Wheat Wrap 1/2c Potato Salad 4oz. apple juice 1/2cup rice pudding 8oz. lowfat milk		6 oz Chicken Rice Soup 1 pkt LS Crackers 6 " Veggie Sub (Roasted Eggplant, 1 oz Peppers, Onion,Tomato; 2 oz Am Cheese, 1 oz Cheddar) 1/2c Tri Color Pasta Salad ½ cup apple crisp 8 oz low fat milk	
MINIMUM PORTIONS SERVED AT EACH MEAL: All non-citrus juices are Vit C fortified				
1c Milk – 1% or equivalent 1c Vegetable and Fruit or equivalent 3 oz. Protein 1 pat Margarine				
2 Bread servings or equivalent (enriched or whole grain); All rolls are seedless; All white rice is enriched				
All Soups and Entrees, Gravies and Sauces and Salad Dressing and Desserts are Low Fat and Low Salt				