

Lifebridge Community Services "CHOICE" MENU

Nutrition for Mind, Body and Spirit

Dec 2016

Monday	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1	2
			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 Apple juice Mixed berry strudel 8 oz low fat milk	
5	6	7	8	9
	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 ½ cup Peaches 8 oz low fat milk		6 oz Cream of zucchini 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 Grapes 8 oz LF Milk	
12	13	14	15	16
	6 oz. LS Beef Broth W/ Vegetables & Orzo/LS Crackers 1/2c Egg Salad on Multigrain Bread 1/2c Coleslaw Fresh Fruit 8oz LF Milk		6oz Cream of Carrot 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 1/2c Grape Juice 1 pc. Chocolate Cake 8oz LF Milk	
19	20	21	22	23
	6oz Italian Wedding Soup 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 Fruit Cocktail 8 oz Low Fat Milk		NO Choice-Christmas Special Meal	
26	27	28	29	30
	No Choice- Chanukah Special Meal		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) 4 oz Cranberry Juice Fresh Fruit 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