

LifeBridge Community Services. MILLER SENIOR CAFÉ
Nutrition for Mind, Body and Spirit
Dec, 2016

Monday	Tuesday	Wednesday	Thursday	Friday
			1	2
			3oz Pot roast/gravy ½ Baked potato Broccoli Multigrain bread 1 tsp margarine 4 oz Apple juice Mixed berry strudel 8 oz low fat milk	6 oz vegetable barley soup 1 pkt crackers 1/6 Spinach quiche ½ Broiled tomato ½ cup Roasted squash 1 slice Pumpernickel bread 1 tsp margarine 4 oz Mixed fruit juice ½ cup Chocolate pudding 8 oz low fat milk
5	6	7	8	9
3 oz Breaded Veal cutlet with LS gravy ½ cup Smashed potato ½ cup Green beans 1 slice wheat bread 1 tsp margarine 1/2c Cranberry Juice 1 Slice Apple Pie 8 oz low fat milk	6oz Lentil soup 1pkt LS Crackers 1c Pasta and tuna salad Lettuce & cucumber 1/2c Beet salad Garlic breadstick 1 tsp Margarine 1/2c Pineapple 8oz Low Fat Milk	3oz Lemon Chicken 1/2c Rice Pilaf 1/2c Carrots Pumpernickel bread 1 tsp Margarine 1/2c Peaches 8oz Low Fat Milk	3oz Hamburger on Wheat Bun with Ketchup, Lettuce, & Tomato & pickle 1/2c Potato Salad 1/2c Grapes 1 tsp Margarine 8oz Low Fat Milk	TRAVELING CHEF SPECIAL LUNCH ROAST TURKEY/CHEFS SPECIAL GRAVY TWICE BAKED POTATOES GREEN BEANS ALMONDINE DINNER ROLL SPECIAL CAKE MILK
12	13	14	15	16
3oz Sweet Sour Pork 1/2c Rice 1/2c Oriental Blend 1 Slice Wheat Bread 1 tsp Margarine 1/2c pineapple 8oz LF Milk	3 oz Meatloaf with Gravy 1/2c Mashed Potatoes 1/2c Roman Vegie Blend Multi grain dinner roll 1tsp Margarine 1/2c Peaches 8oz Low Fat Milk	3oz Herb Baked Chicken 1/2c Oven Roasted Potatoes 1/2c Carrots Marble Rye Bread 1 tsp Margarine 1/2c Fruit Cocktail 8oz Low Fat Milk	Happy December Birthdays 3 oz Crab cake/tartar sauce/ lemon 1/2c sweet potato fries ½ cup red cabbage slaw 1 slice Whole wheat bread 1 tsp margarine 1/2c Grape Juice 1pc Chocolate Cake 8 oz low fat milk	6oz Cream of Carrot Soup 1 pkt LS Crackers 3oz Egg Salad on Croissant Shredded lettuce and tomato 1/2c Three Bean Salad 1/2c fresh fruit 1 tsp Margarine 8oz Low Fat Milk
19	20	21	22	23
3/4c Beef Stew ½ cup Bowtie noodles ½ Baked acorn squash 1 slice Rye bread 1 tsp margarine Baked Apple 8oz Low Fat Milk	6oz Italian Wedding Soup 1pkt LS Crackers 3oz Sliced Grilled Chicken Caesar Salad, 1c Romaine Lettuce Parmesan cheese Caesar Dressing 1 Garlic breadstick 1 tsp Margarine 1/2c apricots 8oz Low Fat Milk	3oz Pulled Pork with BBQ Sauce 1/2c Baked Beans 1/2c Broccoli slaw 1 Wheat Bun 1 tsp Margarine Fresh Fruit 8 oz low fat milk	Christmas Beef Wellington Twice Baked Potatoe Peas and Mushrooms Snowflake Dinner Roll Holiday Cake	1c Cheese Baked Ziti with Parmesan Cheese 1/2c green beans 1 cup spinach salad with shredded carrots and raspberry vinaigrette 1 Italian Bread 1tsp Margarine 1/2c Apple Juice Ice cream cup 8oz Low Fat Milk
26	27	28	29	30
Centers Closed	Chanukah Pot Roast with Gravy Potato latkes with applesauce garnish Caarots Rye Bread Jelly Donut	3oz Beef Chili/ 1TBS Cheese 1/2c Baked Potato/Sour Cream 1/2c broccoli 1 oz Corn Bread 1tsp Margarine 1/2c Pears 8oz Low Fat Milk	1/2c Spaghetti 3oz Meatballs Parmesan 1/2c Collard Greens 1 Slice Italian Bread 1 tsp Margarine Fresh Fruit 8oz Low Fat Milk	6oz Cream of Zucchini soup 1pkt LS WW Crackers 3oz Potato Crusted Fish Tartar Sauce 1/2c Scalloped Potatoes 1/2c beets Wheat Dinner Roll 1 tsp Margarine 1/2cTropical Fruit 8oz Low Fat Milk

MINIMUM PORTIONS SERVED AT EACH MEAL: 1 C Milk-1% or equivalent; 1 C Vegetable and Fruit equivalent; 3oz. Protein, 1 Pat Margarine
All non-citrus juices are Vitamin C fortified. 2 Bread Servings or equivalent (enriched or whole grain); All rolls are seedless. White Rice is enriched.
All Soups and Entrees, Gravies and Sauces and Salad Dressing and Desserts are Low Fat and Low Salt.

RESERVATIONS REQUIRED. PLEASE CALL THE CAFÉ THE BUSINESS DAY BEFORE DURING THE HOURS OF 9AM TO 12PM AT 203-287-0057.
REMEMBER PLEASE TO CANCEL YOUR MEAL IF YOU CANNOT MAKE IT... THIS HELPS THE NUTRITION PROGRAM. A STATE FORM 5 IS
REQUIRED TO PARTICIPATE IN THE SENIOR PROGRAM. A DONATION OF \$3.00 IS GREATLY APPRECIATED!