

LifeBridge Community Services. Miller Senior Center CAFÉ

Nutrition for Mind, Body and Spirit

January 2017

| | Monday | Tuesday | Wednesday | Thursday | Friday |
|--|---|---|--|---|---------------|
| | 2 | 3 | 4 | 5 | 6 |
| | Closed | 3oz Stuffed Salmon with Lemon Sauce 1/2c Mashed Butternut Squash 1 cup spinach salad with French dressing Enriched bread 1tsp Margarine 1/2c Cranberry Juice Fruit strudel 8oz Low Fat Milk | 3oz Roast Beef with Gravy 1/2c Mashed potato 1/2c Spinach Pumpernickel Dinner Roll 1tsp Margarine 1/2c Fruit Cocktail 8oz Low Fat Milk | 3oz Spanish chicken qtr 1/2c Yellow rice with vegetables 1/2c Green beans Wheat bread 1tsp Margarine 1/2c apricots 8oz Low Fat Milk | Closed |
| | 9 | 10 | 11 | 12 | 13 |
| | 3 oz Breaded Veal cutlet with LS gravy ½ cup Smashed potato ½ cup Green beans 1 slice wheat bread 1 tps 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 | Closed |
| | 16 | 17 | 18 | 19 | 20 |
| | Closed-Martin Luther King Holiday | Martin Luther King Day Fried chicken quarter Collard Greens Corn and Okra Biscuit Bread pudding with topping 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 | Birthday Celebration 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 | Closed |
| | 23 | 24 | 25 | 26 | 27 |
| | 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 | 3 oz Turkey/LS gravy ½ cup Mashed potato ½ cup Green Peas & Onions 1 Tbsp Cranberry sauce Wheat Dinner Roll 1 tsp margarine 1/2c Peaches 8 oz low fat milk | Closed |
| | 30 | 31 | | | |
| | 3oz Mandarin Chicken Vegetable Lo Mein 1/2c Oriental Veggie Blend Wheat bread 1tsp Margarine 1/2c Mandarin oranges 8 oz Low Fat Milk | 1/2 cup linguini 3 oz clam sauce 1/2c fresh zucchini Multigrain Dinner Roll 1tsp Margarine 1/2c Grape Juice 1/2c Tapioca Pudding 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!