

LifeBridge Community Services. MILLER SENIOR CENTER CAFÉ
Nutrition for Mind, Body and Spirit
Sept. 2017

Monday	Tuesday	Wednesday	Thursday	Friday
				1
				1/6 Spinach Quiche 1/2 cup fresh Zucchini 1/2 cup stewed tomato 1 Herbed Breadstick 1 tsp margarine 1/2 cup Fruit Cocktail 8 oz low fat milk
4	5	6	7	8
CLOSED LABOR DAY!	6 oz Corn chowder 1 pkt unsalted crackers Chef salad with 1 cup romaine, 1 oz turkey ham, 1 oz cheese, 1/2 hard cooked egg French dressing Wheat dinner roll 1 tsp margarine 1/2 cup peaches 8 oz low fat milk	3 oz BBQ chicken qtr 1/2 cup Macaroni salad 1/2 cup Coleslaw vinaigrette 1 piece Corn bread 1 tsp margarine 1/2 cup Pear crisp 8 oz low fat milk	Happy Birthday! 3 oz Salisbury steak/gravy 1/2 cup Mashed potato 1/2 cup Peas and carrots 1 slice Wheat bread 1 tsp margarine 4 oz Apple juice Brownie 8 oz low fat milk	3 oz Crab cakes/tartar sauce 3 oz Salisbury sauce 1/2 cup Brown rice and orzo pilaf 1/2 cup Zucchini and tomato 1 slice Rye bread 1 tsp margarine 1/2 cup Fruit cocktail 8 oz low fat milk
11	12	13	14	15
3 oz Sweet and sour pork 1/2 cup Fried rice 1/2 cup Oriental blend vegg 1 slice Wheat bread 1 tsp margarine 1/2 cup pineapple 8 oz low fat milk	3 oz Chicken parmesan 1/2 cup Penne with sauce 1 cup Tossed salad with cucumber and Italian dressing 1 slice Italian bread 1 tsp margarine 4 oz Grape juice Sugar cookie 8 oz low fat milk	6 oz Vegetable barley soup 1 pkt unsalted crackers 3 oz Light crunch fish Tartar sauce/lemon 1/2 cup Roasted sweet potato 1/2 cup Green beans 1 Dinner roll 1 tsp margarine 1/2 cup Mandarin oranges 8 oz low fat milk	3 oz Pot roast/LS gravy 1/2 Baked potato/sour cream 1/2 cup Chuck wagon blend 1 slice Multi grain bread 1 tsp margarine Fresh fruit 8 oz low fat milk	1 Spinach grandoli 1/2 cup Cauliflower 1/2 cup Carrots 1 Herb breadstick 1 tsp margarine 4 oz Orange juice 1/2 cup Chocolate pudding 8 oz low fat milk
18	19	20	21	22
3 oz Herb baked chicken qtr 1/2 cup Mashed sweet potato 1/2 cup Succotash 1 Biscuit 1 tsp margarine Fresh fruit 8 oz low fat milk	1 cup Stuffed pepper casserole 1/2 cup White rice 1/2 cup Mixed vegetables 1 slice Pumpernickel bread 1 tsp margarine 4 oz Grape juice 1/2 cup Vanilla pudding with berries 8 oz low fat milk	1/2 cup Linguini 3 oz clam sauce 1 cup Tossed salad with tomato and Ranch dressing 1 slice Italian bread 1 tsp margarine 4 oz Pineapple juice 1 slice pie 8 oz low fat milk	3 oz Turkey/LS gravy 1/2 cup Stuffing 1/2 cup baked Acorn squash 1 slice Wheat bread 1 tsp margarine 1/2 cup Fruit cocktail 8 oz low fat milk	6 oz Tomato basil soup Unsalted crackers 3 oz Grilled cheese on wheat 1/2 cup Green beans Fresh fruit 8 oz low fat milk
25	26	27	28	29
3 oz Steak and peppers 1/2 cup Steak fries 1/2 cup Roasted veggies 1 Hoagie roll 1 tsp margarine 4 oz Mixed fruit juice Coffee cake 8 oz low fat milk	3 oz Potato crunch fish Tartar sauce/lemon 1/2 cup Yellow rice and beans 1/2 cup Bean blend 1 slice Enriched bread 1 tsp margarine 1/2 cup Pineapple 8 oz low fat milk	3 oz Pork loin/gravy 1/2 cup Mashed potato 1/2 cup Broccoli and cauliflower 1 Wheat dinner roll 1 tsp margarine 1/2 cup Applesauce 8 oz low fat milk	3/4 cup Butternut squash and apple soup 2 unsalted crackers 3 oz Mediterranean Grilled chicken with spinach, and tomato 1/2 cup Bowtie noodles 1 slice Rye bread 1 tsp margarine Fresh fruit 8 oz low fat milk	3 oz Eggplant rollatini 1/2 cup Fresh zucchini 1 cup Tossed salad with olives and raspberry vinaigrette 1 slice Italian bread 1 tsp margarine 4 oz Cranberry juice 1/2 cup Fruited jello 8 oz 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 AND 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!