

LifeBridge Community Services. MILLER SENIOR CENTER CAFÉ
Nutrition for Mind, Body and Spirit
December 2019

Monday	Tuesday	Wednesday	Thursday	Friday
2	3	4	5	6
3 oz fish croquettes tartar sauce ½ cup Rice and orzo pilaf ½ cup Green beans Wheat dinner roll 1 tsp margarine 4 oz grape juice Carrot cake 8 oz low fat milk	3 oz Chicken paprikash ½ cup bowtie noodles ½ cup Zucchini 1 slice Rye bread 1 tsp margarine Fresh fruit 8 oz low fat milk	3 oz meatballs in sauce ½ cup spaghetti 1 cup Tossed salad with cucumber and Italian dressing 1 slice Garlic bread ½ cup Peaches 8 oz low fat milk	1 cup Turkey pot pie with 1 biscuit ½ cup Peas ½ cup Broccoli 1 tsp margarine Fresh fruit 8 oz low fat milk	TRAVELING CHEF FOR PARTY BY RESERVATIONS ONLY! TURKEY MEAL
9	10	11	12	13
3 oz Chicken Florentine ½ cup roasted potato ½ cup Zucchini Herb breadstick 1 tsp margarine Fresh fruit 8 oz low fat milk	Hot open roast beef sandwich/ gravy 3 oz roast beef 1 slice wheat bread ½ cup Diced winter squash ½ cup Beets 4 oz Orange juice Chocolate chip cookie 8 oz low fat milk	6 oz Cream of carrot soup 1 pkt unsalted crackers Tuna boat- ½ cup tuna salad on hot dog roll ½ cup pasta salad ½ cup Broccoli slaw ½ cup tropical fruit 8 oz low fat milk	3 oz Roast pork with honey garlic sauce ½ cup mashed sweet potato ½ cup Bean medley 1 slice Rye bread 1 tsp margarine 4 oz apple juice ½ cup vanilla pudding	1/6 Spinach quiche ½ Roasted tomato 1 cup Caesar salad with croutons and Caesar dressing Wheat dinner roll 1 tsp margarine Fresh fruit 8 oz low fat milk
16	17	18	19	20
3 oz Sliced turkey/gravy ½ cup Stuffing ½ cup Mashed squash Cranberry sauce Corn muffin 1 tsp margarine ½ cup applesauce 8 oz low fat milk	1 cup Sausage and pepper ½ cup Penne pasta ½ cup Broccoli Wheat grinder roll 1 tsp margarine Fresh fruit 8 oz low fat milk	3 oz Chicken Cordon Blue ½ cup Mashed potato ½ cup Spinach 1 slice Wheat bread 1 tsp margarine 4 oz Grape juice Sugar cookie 8 oz low fat milk	Chanukah Special Pot roast w/gravy Potato latkes w/applesauce Carrots Rye bread Grape juice Jelly donuts	6 oz Minestrone soup 1 pkt unsalted crackers 1 square Vegetable lasagna ½ cup Zucchini and tomato 1 slice garlic bread Fresh fruit 8 oz low fat milk
23	24	25	26	27
Christmas Special Beef wellington Twice baked potato Peas and mushrooms Snowflake dinner roll Cranberry juice Holiday cake	6 oz Italian wedding soup 1 pkt unsalted Crackers 1 cup Ravioli with sauce and cheese parmesan cheese 1 cup spinach salad with shredded carrots and raspberry vinaigrette Garlic breadstick 1 tsp margarine ½ cup Pears 8 oz low fat milk	CLOSED	3 oz Chicken Piccata ½ cup Barley pilaf ½ up broccoli wheat dinner roll 1 tsp margarine fresh fruit 8 oz low fat milk	3 oz fish sticks tartar sauce ½ cup Macaroni and cheese ½ cup Mixed vegetables 1 slice multigrain bread 1 tsp margarine 4 oz orange juice marble cake 8 oz low fat milk
30	31			
3 oz Chicken parmesan ½ cup penne pasta with sauce Parmesan cheese ½ cup broccoli and cauliflower 1 slice Italian bread 1 tsp margarine Fresh fruit 8 oz low fat milk	New Year's Special Chicken breast w/spinach and red peppers Brown rice Parsley carrots Sparkling juice Herbed dinner roll Holiday cake			

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!