

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

Monday	Tuesday	Wednesday	Thursday	Friday
	1	2	3	4
	<b>CLOSED</b>	3 oz Roasted turkey w/gravy Cranberry Sauce ½ cup Mashed squash ½ cup beets 1 Slice Wheat Bread 1 tsp Margarine Fresh fruit 8 oz low fat milk	3 oz sloppy Joe Wheat sandwich bun ½ cup potato tots ½ cup carrots 1 tsp Margarine ½ cup Pineapple 8 oz low fat milk	Mushroom Quiche ½ cup Roasted Sweet Potato ½ cup spinach 1 Slice Wheat Bread 1 tsp Margarine ½ cup fruited jello 4 oz Apple juice 8 oz low fat milk
7	8	9	10	11
3 oz Chicken parmesan ½ cup Bowtie Pasta Parmesan Cheese ½ cup Zucchini and Tomato 1 Slice Italian Bread 1 tsp Margarine ½ cup Peaches 8 oz Low Fat Milk	3 oz Beef Teriyaki ½ cup Brown Rice with Pineapple ½ cup oriental blend 1 Wheat Roll 1 tsp Margarine ½ cup Mandarin oranges 8 oz Low Fat Milk	6 oz Italian Wedding Soup/crax ½ cup turkey Salad Sandwich on Wheat Bread ½ cup Broccoli Slaw ½ cup chocolate pudding 4 oz grape juice 8 oz Low Fat Milk	3 oz Garlic chicken qtr ½ baked potato ½ cup Green Beans 1 Wheat Dinner Roll 1 tsp Margarine Fresh Fruit 8 oz Low Fat Milk	1 cup tuna casserole ½ cup Italian Blend Veg ½ cup spinach Garlic breadstick 1 tsp Margarine Carrot cake 4 oz Mixed Fruit Juice 8 oz Low Fat Milk
14	15	16	17	18
3 oz Pulled Pork ½ cup Two Potato Mash ½ cup Country Style Veg 1 Slice Wheat Bread 1 tsp Margarine Fruit Pie 4 oz Orange juice 8 oz low fat milk	3 oz Sausage and Pepper ½ cup Brown Rice Pilaf ½ cup Broccoli 1 Wheat Grinder Roll 1 tsp Margarine Fresh Fruit 8 oz low fat milk	3 oz Meat Loaf/gravy ½ cup Acorn Squash ½ cup Peas and Carrots 1 pumpernickel dinner roll 1 tsp Margarine ½ cup Fresh Fruit 8 oz low fat milk	6 oz French Onion Soup 4 oz Stuffed Salmon with Lemon Butter Sauce ½ cup Wild Rice Pilaf ½ cup Broccoli 1 Wheat Dinner Roll 1 tsp Margarine Fresh Fruit 8 oz low fat milk	Veggie Wedge with 3 oz mozzarella cheese, and ½ cup roasted veggies Pesto sauce Whole grain grinder roll ½ cup beet salad ½ cup Fruit Cocktail 8 oz low fat milk
21	22	23	24	25
<b>CLOSED</b>	<b>MLK Day Special</b>  Fried Chicken quarters Collard Greens Corn and Okra Biscuits Bread pudding with topping	3 oz Chicken Florentine ½ cup Penne pasta Parmesan Cheese ½ cup Stewed Tomato 1 Slice Italian Bread 1 tsp Margarine ½ cup Apricots 8 oz low fat milk	3 oz Roast Beef/gravy Open Sandwich on Wheat ½ cup Smashed Potato ½ cup Glazed Carrots Brownie 4 oz Mixed Fruit Juice 8 oz low fat milk	6 oz Butternut Squash Soup/crax 3 oz Grandioli with sauce and Cheese ½ cup Mixed Vegetables Garlic breadstick ½ cup Applesauce 8 oz low fat milk
28	29	30	31	
3 oz Meatballs/sauce ½ cup Spaghetti ½ cup cauliflower and red pepper Herb Bread Stick 1 tsp Margarine Parmesan Cheese ½ cup Pears 8 oz low fat milk	6 oz vegetable soup 3 oz Herb Crusted Fish, Lemon & Tartar Sauce ½ cup roasted squash ½ cup Peas 1 Slice Marble Bread 1 tsp Margarine Fresh Fruit 8 oz low fat milk	<b>Happy Birthday</b> 3 oz Roast Pork/gravy ½ cup Mashed potato ½ cup Bean Blend Rye bread 1 tsp Margarine Pound Cake with Berries 4 oz Mixed Fruit Juice 8 oz low fat milk	3 oz Chicken Puttanesca ½ cup bowtie pasta ½ cup Zucchini Garlic Bread 1 tsp Margarine Fresh Fruit 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!