

LIFEBRIDGE COMMUNITY SERVICES. MILLER SENIOR CENTER CAFÉ
Nutrition for Mind, Body and Spirit
JULY 2019

	Monday	Tuesday	Wednesday	Thursday	Friday
	1	2	3	4	5
	3 oz meatballs ½ cup spaghetti ½ cup Fresh zucchini Garlic bread 1 tsp margarine Fresh fruit 8 oz low fat milk	4th of July Celebration Lemonade BBQ beef ribs Baked beans Coleslaw Wheat roll Strawberry shortcake	3oz Philly cheesesteak ½c onions and peppers ½ steak fries Small grinder roll 4oz apple juice Pound cake 8oz low fat milk	CLOSED! HAPPY 4TH!	6 oz Cream of zucchini soup 1 pkt unsalted crackers 1/6 Spinach quiche ½ cup stewed tomato ½ cup roasted potato 1 herb breadstick 1 tsp margarine ½ cup Baked apple slices 8 oz low fat milk
	8	9	10	11	12
	3 oz BBQ chicken qtr ½ cup Roasted rosemary potato ½ cup Coleslaw Biscuit 1 tsp margarine ½ cup Watermelon 8 oz low fat milk	6 oz Vegetable gumbo soup 1 pkt unsalted crackers egg salad plate ½ cup egg salad 1 cup lettuce, cucumber ½ cup three bean salad Herb breadstick 1 tsp margarine Fresh fruit 8 oz low fat milk	Happy Birthday Hot open turkey sandwich: 3oz turkey w/gravy 1 slice wheat bread ½ smashed potato ½ California blend 1 tsp margarine 4 oz grape juice Ice cream cup 8 oz low fat milk	3 oz Cheeseburger Bun ketchup ½ cup Baked beans ½ cup Lettuce, tomato, pickles ½ cup Peaches 8 oz low fat milk	By reservation only! Form 5 required. Glazed ham w/pineapple, Hawaiian style sweet/sour veggies, Hawaiian potato salad & dessert.
	15	16	17	18	19
	3 oz Pork Loin with gravy ½ cup Brown rice ½ cup Broccoli/carrots 1 slice Multi grain bread 1 tsp margarine ½ cup Pineapple 8 oz low fat milk	3 oz Veal Parmesan ½ cup penne pasta/sauce Parmesan cheese 1 cup Caesar salad with Caesar dressing 1 slice Italian bread 1 tsp margarine 4 oz Apple juice ½ cup Fruited Jello with whipped topping	6 oz Minestrone soup 1 pkt unsalted crackers Chef salad with 1 cup lettuce, cucumber, 1 oz each turkey, ham, cheese hard ¼ cooked egg French dressing Wheat dinner roll 1 tsp margarine ½ cup Pears 8 oz low fat milk	3 oz Chicken florentine ½ cup Bowtie noodles ½ cup Green and wax beans 1 slice Rye bread 1 tsp margarine ½ cup Melon 8 oz low fat milk	3 oz Salmon and pasta salad 1 cup Tossed salad ½ cup beet salad Breadstick 1 tsp margarine 4 oz Grape juice Lemon cookie 8 oz low fat milk
	22	23	24	25	26
	6 oz Black bean soup 1 pkt unsalted crackers 3 oz Beef taco on 1 cup salad with cheese, lettuce, tomato, salsa and salsa/ranch dressing 10 Tortilla chips ½ cup tropical fruit 8 oz low fat milk	3 oz Herb baked chicken ½ cup Sweet potato pone ½ cup Bean blend Wheat dinner roll 1 tsp margarine Fresh fruit 8 oz low fat milk	3oz meatball w/sauce Small wheat grider roll 1c. tossed salad w/cucumber and Italian dressing Fresh fruit 8oz low fat milk	3 oz fish croquettes/tartar sauce and lemon ½ cup Macaroni salad ½ cup Beet salad Pumpernickel dinner roll 1 tsp margarine 4 oz Apple Juice Berry strudel 8 oz low fat milk	3 oz Stuffed shells with vegetable cream sauce ½ cup Butternut squash 1 cup Spinach salad with carrots and raspberry vinaigrette Garlic Bread 1 tsp margarine ½ cup Melon 8 oz low fat milk
	29	30	31		
	3 oz chicken cordon blue ½ cup roast potato ½ cup Carrots Wheat dinner roll 1 tsp margarine 4 oz Orange juice Brownie 8 oz low fat milk	1 cup Tortellini with ham/ tomato and pepper ½ cup Broccoli Herb breadstick 1 tsp margarine 4 oz Grape Juice Italian ice 8 oz low fat milk	6oz cream of carrot soup 1 pkt unsalted crackers 3 oz ginger garlic salmon ½ cup rice pilaf ½ cup spinach Wheat bread 1 tsp margarine ½ cup Melon 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!