

LifeBridge Community Services. MILLER SENIOR CENTER CAFÉ

Nutrition for Mind, Body and Spirit

October 2019

Monday	Tuesday	Wednesday	Thursday	Friday
	1	2	3	4
	3 oz sausage and meatballs ½ cup penne pasta parmesan cheese ½ cup Italian blend vegs 1 garlic breadstick 1 tsp margarine fresh fruit 8 oz low fat milk	3 oz BBQ chicken ½ cup sweet potato fries ½ cup spinach biscuit 1 tsp margarine 4 oz orange juice ½ cup tapioca pudding 8 oz low fat milk	6 oz butternut squash and apple soup 1 pkt unsalted crackers 3 oz sliced turkey/gravy ½ cup baked potato ½ cup broccoli cranberry sauce dinner roll 1 tsp margarine fresh fruit 8 oz low fat milk	3 oz Spanish omelet ½ cup orzo pilaf ½ cup mixed vegetables wheat dinner roll 1 tsp margarine 4 oz grape juice 1 slice crumb cake 8 oz low fat milk
7	8	9	10	11
3 oz taco meat ½ cup brown rice ½ cup fiesta blend Wheat tortilla 1 tsp margarine ½ cup tropical fruit 8 oz low fat milk	Columbus Day Special 3 oz chicken parm a la Santa Maria ½ cup new world shells ½ cup Columbus vegetable blend 1 Tsp parmesan cheese 1 slice Italian bread 1 tsp margarine 4 oz grape juice 1 slice cake 8 oz low fat milk	6 oz chicken noodle soup 1 pkt unsalted crackers 3 oz chicken pot pie mix 1 Biscuit ½ cup Broccoli 1 tsp margarine ½ cup peaches 8 oz low fat milk	3 oz pork loin/gravy ½ cup baked sweet potato ½ cup carrots pumpnickel dinner roll 1 tsp margarine 4 oz apple juice chocolate chip cookie 8 oz low fat milk	1 cup butternut squash ravioli with cream sauce ½ cup white beans ½ cup spinach 1 slice Italian bread 1 tsp margarine ½ cup bake apple slices 8 oz low fat milk
14	15	16	17	18
CLOSED FOR COLUMBUS DAY!	3 oz fish sticks tartar sauce ½ cup barley pilaf ½ cup California blend wheat dinner roll 1 tsp margarine 4 oz grape juice pound cake with strawberry topping 8 oz low fat milk	3 oz Salisbury steak/gravy ½ cup smashed potato ½ cup mixed vegetables 1 slice rye bread 1 tsp margarine fresh fruit 8 oz low fat milk	3 oz Chicken Piccata ½ cup sweet potato ½ cup broccoli wheat dinner roll 1 tsp margarine ½ cup pears 8 oz low fat milk	6 oz Vegetarian vegetable soup 1 pkt unsalted crackers 1/6 broccoli quiche ½ cup sweet potato fries ½ broiled tomato 1 slice multigrain bread 1 tsp margarine ½ cup fruit cocktail 8 oz low fat milk
21	22	23	24	25
3 oz Herb baked chicken quarter ½ cup roasted squash ½ cup spinach wheat breadstick 1 tsp margarine 4 oz orange juice ½ cup chocolate pudding 8 oz low fat milk	6 oz Lentil soup 1 pkt unsalted crackers cold cut sandwich 1 oz each ham, turkey, cheese ½ cup lettuce, tomato and pickle chip ½ cup beet salad mustard/mayo grinder roll 1 tsp margarine ½ cup apricots 8 oz low fat milk	Box Lunch	3 oz baked salmon strips with dill sauce ½ cup wild and brown rice pilaf ½ cup Scandinavian blend 1 slice wheat bread 1 tsp margarine fresh fruit 8 oz low fat milk	3 oz vegetarian chili ½ cup potato wedges ½ cup broccoli 1 corn muffin 1 tsp margarine ½ cup pineapple 8 oz low at milk
28	29	30	31	
6 oz Tomato basil soup 1 pkt unsalted crackers 3 oz fish croquette Tartar sauce ½ cup confetti brown rice ½ cup broccoli and cauliflower dinner roll 1 tsp margarine fresh fruit 8 oz low fat milk	3 oz chicken Francese ½ cup bowtie noodles ½ cup fresh zucchini 1 slice Italian bread 1 tsp margarine ½ cup peaches 8 oz low fat milk	3 oz sweet and sour pork ½ cup fried brown rice ½ cup Asian vegetable blend 1 slice multi grain bread 4 oz orange juice lemon cookie 8 oz low fat milk	Halloween Special ½ cup spooky spaghetti 3 oz monster meatballs ½ cup goulish green beans 1 batty breadstick 1 tsp margarine 4 oz witches brew 1 candy corn brownie 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!