

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

Monday	Tuesday	Wednesday	Thursday	Friday
2	3	4	5	6
CLOSED	3 oz Chicken parmesan ½ cup penne pasta with sauce parmesan cheese 1 cup tossed salad with cucumber and Italian dressing herb breadstick 1 tsp margarine fresh fruit 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
9	10	11	12	13
3 oz Pulled pork ½ cup baked beans ½ cup coleslaw vinaigrette burger roll 1 tsp margarine fresh fruit 8 oz low fat milk	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
16	17	18	19	20
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	3 oz meatballs ½ cup spaghetti parmesan cheese 1 cup Caesar salad with croutons and Caesar dressing garlic bread 1 tsp margarine Fresh fruit 8 oz low fat milk	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
23	24	25	26	27
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	3 oz pot roast/gravy ½ cup mashed potato ½ cup green beans 1 slice marble bread 1 tsp margarine ½ cup mandarin oranges 8 oz low fat milk	1 cup cheese baked ziti parmesan cheese ½ cup seasoned cannellini beans 1 cup tossed salad with olive and Italian dressing garlic breadstick 1 tsp margarine fresh fruit 8 oz low fat milk
30				
1 cup beef stew ½ cup bowtie noodles ½ cup green beans 1 slice wheat bread 1 tsp margarine ½ cup fruit cocktail 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!