

LifeBridge Community Services. MILLER SENIOR CENTER CAFE

Nutrition for Mind, Body and Spirit

February 2020

Monday	Tuesday	Wednesday	Thursday	Friday
3	4	5	6	7
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	3 oz potato crusted fish tartar sauce ½ cup Potato wedges ½ cup Tuscan vegetable blend Dinner roll 1 tsp margarine 4 oz grape juice oatmeal raisin cookie 8 oz low fat milk	3 oz Mexican chicken bake ½ cup Brown rice ½ cup green beans biscuit 1 tsp margarine ½ cup pineapple tidbits	6 oz Chicken noodle soup 1 pkt unsalted crackers 3 oz Sloppy Joe Wheat bun ½ cup sweet potato tots ½ cup Peas ½ cup Cinnamon Baked apple slices 8 oz low fat milk	3 oz cheese omelet ½ cup O'Brien potato ½ cup Roasted tomato blueberry muffin 1 tsp margarine ½ cup orange wedges 8 oz low fat milk
10	11	12	13	14
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	Closed Lincoln's Birthday!	1 cup Turkey pot pie with 1 biscuit ½ cup Peas ½ cup Broccoli 1 tsp margarine Fresh fruit 8 oz low fat milk	Valentine's Special Chicken marsala Au gratin potatoes Green beans Wheat dinner roll Cranberry juice Holiday cake Milk
17	18	19	20	21
Closed for Washington's Birthday!	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
24	25	26	27	28
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	Chinese New Year Special Mandarin chicken Rice Oriental blend vegetables Oatmeal bread Mandarin oranges Milk	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

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

RESERVATIOS 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 YOUR CANNOT MAKE IT... THIS HELPS THE NUTRITION PROGRAM. A STATE FORM 5 IS
REQUIRED TO PARTICIPATE I THE SENIOR PROGRAM. A DONATION OF \$3.00 IS GREATLY APPRECIATED!