

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

Monday		Tuesday		Wednesday		Thursday		Friday	
						1		2	
						3 oz Beef and Bean burrito ½ cup rice and beans ½ cup fiesta corn corn bread 1 tsp margarine Fresh Fruit 8 oz low fat milk		1 cup tuna and pasta salad 1 cup tossed salad with cucumber/ French dressing 1 Mini bagel 1 tsp cream cheese ½ cup Peaches	
5		6		7		8		9	
3 oz meatballs ½ cup spaghetti ½ cup Fresh zucchini Garlic bread 1 tsp margarine Fresh fruit 8 oz low fat milk		3oz chicken tenders w/ketchup ½ cup macaroni and cheese ½ cup peas and carrots Dinner roll 1tsp margarine ½ cup melon 8oz low fat milk		3 oz Philly Cheesesteak ½ cup Onions and peppers ½ cup steak fries Small grinder roll 4 oz Apple juice pound cake 8 oz low fat milk		3 oz Chicken stir fry ½ cup fried brown rice ½ cup Oriental blend vegetables 1 slice Multigrain bread 1 tsp margarine ½ cup Mandarin oranges 8 oz low fat milk		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	
12		13		14		15		16	
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		Hot open turkey sandwich 3 oz turkey/gravy 1 slice wheat bread ½ cup Smashed potato ½ cup California blend 1 tsp margarine 4 oz grape juice Ice cream cup 8 oz low fat milk		3oz cheeseburger Whole wheat bun Ketchup ½ cup baked beans ½ cup lettuce, tomato, pickles ½ cup peaches 8oz low fat milk		ITALIAN FEST! CATERED BY CUSANO CATERING! BY RESERVATION ONLY! HAMDEN SENIORS HAVE PRIORITY. SALAD, ITALIAN BREAD, PENNE ALA VODKA, CHICKEN AND POTATOES, GREENBEAN ALMONDINE AND DESSERT!	
19		20		21		22		23	
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		Taste of Italy Cannelloni cheese pasta with white sauce Cauliflower and zucchini Baked tomato half Italian bread Chocolate mousse 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	
26		27		28		29		30	
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		3 oz Meatball with sauce small wheat grinder roll 1 cup Tossed salad with cucumber and Italian dressing Fresh fruit 8 oz low fat milk		Labor Day Special Grilled hamburger au jus on roll Cheese, lettuce and tomato Fresh zucchini and carrots German potato salad Ketchup Blueberry parfait with vanilla pudding		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	

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!