

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

	Monday	Tuesday	Wednesday	Thursday	Friday
	1	2	3	4	5
	6 oz Butternut Squash Soup 1 pkt crackers ¾ c. California Chicken Salad Plate/Shredded Carrots, Sliced Apples, Raisins & Mayo on Bed Of Lettuce/ Croutons 1 c. Pasta, Vegetable, Olive Salad W/Broccoli & Peppers ½ cup mandarin oranges 8 oz low fat milk	1 cup Arroz con Pollo (chicken and rice) ½ cup spinach 1 piece corn bread 1 tsp margarine 4 oz apple juice ½ cup fruited jello 8 oz low fat milk	3 oz sliced turkey/gravy ½ cup stuffing ½ cup Tuscan blend 1 Tbsp cranberry sauce 1 slice wheat bread 1 tsp margarine fresh fruit 8 oz low fat milk	6 oz vegetable barley soup/crax 3 oz Hungarian goulash ½ cup egg noodles ½ cup peas wheat dinner roll 1 tsp margarine ½ cup peaches 8 oz low fat milk	Happy Birthday ½ cup spaghetti with 3 oz clam sauce ½ cup broccoli/cauliflower 1 slice Italian bread 1 tsp margarine 4 oz grape juice marble cake 8 oz low fat milk
	8	9	10	11	12
	3 oz beef and bean chili baked potato half ½ cup Mexicali corn Corn bread 1 tsp Margarine ½ cup pineapple 8 oz low fat milk	3 oz pot roast/gravy ½ cup smashed potato ½ cup broccoli 1 slice wheat bread 1 tsp margarine 4 oz grape juice lemon cake 8 oz low fat milk	6 oz cream of zucchini soup/crax 3 oz stuffed salmon ½ cup wild and brown rice pilaf ½ cup Scandinavian blend Pumpnickel dinner roll 1 tsp margarine Baked apple slices 8 oz low fat milk	3 oz herb baked chicken qtr ½ cup cut sweet potato ½ cup Bean blend 1 slice Rye bread 1 tsp margarine ½ cup fruit cocktail 8 oz low fat milk	1 vegetable lasagna roll-up ½ cup roasted squash ½ cup zucchini 1 Tbsp parmesan cheese 1 slice Italian bread 1 tsp margarine fresh fruit 8 oz low fat milk
	15	16	17	18	19
	3 oz chicken parmesan ½ cup penne pasta 1 Tbsp parmesan cheese 1 cup tossed salad with tomato and Italian dressing Garlic breadstick 1 tsp margarine fresh fruit 8 oz low fat milk	6 oz lentil soup/ crax chef salad with 1 oz each turkey, ham, cheese and ¼ Hard cooked egg, 1 cup romaine lettuce, cucumber French dressing 1 slice multigrain bread 1 tsp margarine ½ cup tropical fruit 8 oz low fat milk	3 oz Salisbury steak/gravy ½ cup mashed potato ½ cup peas and mushrooms 1 wheat dinner roll 1 tsp margarine ½ cup peaches 8 oz low fat milk	Easter Special Glazed Ham Sweet potato pone Whole green beans Rye bread Hot cross buns	CLOSED FOR GOOD FRIDAY!
	22	23	24	25	26
	6 oz tomato Florentine soup/crax ½ cup tuna salad plate with 1 cup lettuce, tomato ½ cup beet salad wheat sandwich roll 1 tsp margarine ½ cup pears 8 oz low fat milk	3 oz sweet and sour pork ½ cup brown rice ½ cup oriental blend veggies 1 dinner roll 1 tsp margarine ½ cup mandarin oranges 8 oz low fat milk	3 oz Swedish meatballs ½ cup bowtie pasta ½ cup carrots 1 slice multigrain bread 1 tsp margarine fresh fruit 8 oz low fat milk	3oz hot open turkey sandwich on wheat ½ cup steak fries ½ cup green beans cranberry sauce 4 oz fruit juice fruit strudel 8 oz low fat milk	1 cup cheese baked ziti 1 Tbsp parmesan cheese 1 cup tossed salad with cucumber and ranch dressing 1 slice garlic bread fresh fruit 8 oz low fat milk
	29	30			
	1 cup unstuffed cabbage over ½ cup rice ½ cup glazed carrots wheat dinner roll 1 tsp margarine 4 oz orange juice chocolate chip cookie 8 oz low fat milk	6 oz cream of zucchini soup 1/2c Turkey Salad W/Celery on Whole Wheat Kaiser Roll 1/2c Chickpea Salad W/Onion, Green Pepper & Garlic) 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

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!