

LifeBridge Community Services. MILLER SENIOR CENTER CAFÉ

Nutrition for Mind, Body and Spirit

Feb. 2019

Monday	Tuesday	Wednesday	Thursday	Friday
				1
				6 oz Three Bean Vegetarian Chili ½ cup brown rice ½ cup Country Style Veg Corn bread 1 tsp Margarine ½ cup mandarin oranges 8 oz low fat milk
4	5	6	7	8
Cream of carrot soup 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 c. Beet Salad ½ cup applesauce 8 oz. LF Milk	3 oz Cheeseburger Patty Wheat burger Roll ½ cup Steak Fries ketchup ½ cup Riviera Veg Coffee Cake 4 oz Orange Juice 8 oz low fat milk	3 oz Roasted Turkey/gravy Cranberry Sauce ½ cup Mashed squash ½ cup beets 1 Slice Wheat Bread 1 tsp Margarine Fresh fruit 8 oz low fat milk	3 oz sloppy Joe Wheat sandwich bun ½ cup potato tots ½ cup carrots 1 tsp Margarine ½ cup Pineapple 8 oz low fat milk	Mushroom Quiche ½ cup Roasted Sweet Potato ½ cup spinach 1 Slice Wheat Bread 1 tsp Margarine 1 tsp Margarine ½ cup fruited jell-o 4 oz Apple juice 8 oz low fat milk
11	12	13	14	15
3 oz Chicken parmesan ½ cup Bowtie Pasta Parmesan Cheese ½ cup Zucchini and Tomato 1 Slice Italian Bread 1 tsp Margarine ½ cup Peaches 8 oz Low Fat Milk	CLOSED FOR LINCOLNS BIRTHDAY!	6 oz Italian Wedding Soup/crax ½ cup turkey Salad Sandwich on Wheat Bread ½ cup Macaroni Salad ½ cup Broccoli Slaw ½ cup chocolate pudding 4 oz grape juice 8 oz Low Fat Mil	Valentine's Day Beef Bracirole with Gravy Au gratin Potatoes Green Beans Wheat Dinner Roll Holiday Cake	1 cup tuna casserole ½ cup Italian Blend Veg ½ cup spinach Garlic breadstick 1 tsp Margarine Carrot cake 4 oz Mixed Fruit Juice 8 oz Low Fat Milk
18	19	20	21	22
CLOSED FOR WASHINGTONS BIRTHDAY!	4 oz Chicken Pot pie with Biscuit ½ cup Carrots ½ cup Green Beans 1 tsp Margarine 4 oz Baked apple slices 8 oz low fat milk	3 oz Meat Loaf/gravy ½ cup Acorn Squash ½ cup Peas and Carrots 1 pumpernickel dinner roll 1 tsp Margarine ½ cup Fresh Fruit 8 oz low fat milk	6 oz French Onion Soup 4 oz Stuffed Salmon with Lemon Butter Sauce ½ cup Wild Rice Pilaf ½ cup Broccoli 1 Wheat Dinner Roll 1 tsp Margarine Fresh Fruit 8 oz low fat milk	Chef Salad – 1 oz LS Fresh Roast Turkey/ 1 oz Cheese & 1 Hard Cooked Egg, LS DRESSING 1 Small Whole Wheat Roll ½c. Tomato, Cucumber, Onion, Basil Salad Fresh Fruit 8oz LF Milk
25	26	27	28	
¾ c. Roasted Cauliflower Soup/LS Crackers 1/2c Turkey Salad W/Celery on Whole Wheat Kaiser Roll 1c. Tossed Salad W/LS Dressing 1/2c Chickpea Salad W/Onion, Green Pepper & Garlic) 1/2c pineapple 8oz Low Fat Milk	3 oz Sausage and Pepper ½ cup Brown Rice Pilaf ½ cup Broccoli 1 Wheat Grinder Roll 1 tsp Margarine Fresh Fruit 8 oz low fat milk	3 oz Chicken Florentine ½ cup Penne pasta Parmesan Cheese ½ cup Stewed Tomato 1 Slice Italian Bread 1 tsp Margarine ½ cup Apricots 8 oz low fat milk	Happy Birthday 3 oz Roast Beef/gravy Open Sandwich on Wheat ½ cup Smashed Potato ½ cup Glazed Carrots Brownie 4 oz Mixed Fruit Juice 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!