

LifeBridge Community Services. MILLER SENIOR CENTER CAFÉ

Nutrition for Mind, Body and Spirit

June 2019

Monday	Tuesday	Wednesday	Thursday	Friday
3	4	5	6	7
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	3 oz Cheeseburger Bun ketchup ½ cup Baked beans ½ cup lettuce, tomato, pickles ½ cup Peaches 8 oz low fat milk	1 cup veggie chili ½ cup sweet potato wedges ½ cup broccoli corn bread 1 tsp margarine ½ cup Tropical fruit salad 8 oz low fat milk
10	11	12	13	14
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	Father's Day Veal Parmesan ½ cup penne pasta/sauce Herbed peas and onions Garlic dinner roll Holiday cake Low fat milk	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
17	18	19	20	21
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	3 oz Fish croquette/tartar sauce and lemon ½ cup Macaroni salad ½ cup Beet salad Pumpernickel dinner roll 1 tsp margarine 4 oz Apple Juice Berry strudel 8 oz low fat milk	First Day of Summer Low sodium hot dogs on rolls/mustard Chili Coleslaw Ice cream or vanilla pudding Low fat milk
24	25	26	27	28
Happy Birthday 3 oz chicken cordon blue ½ cup roast potato ½ cup Carrots Wheat dinner roll 1 tsp margarine 4 oz Orange juice Brownie 8 oz low fat milk	1 cup Tortellini with ham/ tomato and pepper ½ cup Broccoli Herb breadstick 1 tsp margarine 4 oz Grape Juice Italian ice 8 oz low fat milk	6 oz shrimp bisque 1 pkt unsalted crackers 3 oz ginger garlic salmon ½ cup rice pilaf ½ cup spinach Wheat bread 1 tsp margarine ½ cup Melon 8 oz low fat milk	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 8oz 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!