

**LifeBridge Community Services. MILLER SENIOR CENTER CAFÉ - (203) 287-0057**

**Nutrition for Mind, Body and Spirit**

**March 2019**

Monday	Tuesday	Wednesday	Thursday	Friday
				<b>1</b>
				6 oz Butternut Squash Soup/crax 3 oz Grandioli with sauce and Cheese ½ cup Mixed Vegetables Garlic breadstick ½ cup Applesauce 8 oz low fat milk
<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>
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	<b>Ash Wednesday Special</b> 3 oz Fish Almondine ½ baked potato ½ cup French green beans 1 wheat dinner roll 1 tsp margarine Angel food cake with strawberry topping 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 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
<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>
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	<b>St. Patricks Day Special</b>  Corned beef and cabbage Boiled potatoes Carrots Irish Soda bread Bread pudding with topping	3 oz ratatouille with chick peas over ½ cup Brown rice 1 cup spinach salad with fresh mushrooms and raspberry vinaigrette dressing Wheat breadstick 1 tsp margarine 4 oz apple juice Brownie 8 oz low fat milk <b>ST PADDY'S PARTY</b>
<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b>
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	<b>Happy Birthday</b> 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 Strawberry Layer Cake	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	3 oz 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
<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b>
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	3 oz fish sticks/tartar sauce ½ cup macaroni salad ½ cup red cabbage slaw biscuit 1 tsp margarine fresh fruit 8 oz low fat milk	3 oz pork loin/gravy ½ cup mashed potato ½ cup broccoli 1 slice rye bread 1 tsp margarine ½ cup applesauce 8 oz low fat milk	3 oz chicken cordon bleu ½ cup barley ½ cup green beans dinner roll 1 tsp margarine fresh fruit 8 oz low fat milk	6 oz cream of carrot soup/ crax 1/6 broccoli quiche ½ broiled tomato ½ cup fresh zucchini 1 slice wheat bread 1 tsp margarine ½ cup apricots 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!**