

**LifeBridge Community Services. MILLER SENIOR COMMUNITY CAFÉ 203-287-0057 9A.M. TO 12:30P.M. MON THRU FRI.**  
**Nutrition for Mind, Body and Spirit CLOSED HOLIDAYS**  
**November 2019**

Monday	Tuesday	Wednesday	Thursday	Friday
				<b>1</b>
				1 cup cheese baked ziti parmesan cheese ½ cup seasoned cannellini beans 1 cup tossed salad with olive and Italian dressing garlic breadstick 1 tsp margarine fresh fruit 8 oz low fat milk
<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>
1 cup beef stew ½ cup bowtie noodles ½ cup green beans 1 slice wheat bread 1 tsp margarine ½ cup fruit cocktail 8 oz low fat milk	3 oz sausage and meatballs ½ cup penne pasta parmesan cheese ½ cup italian blend vegs 1 garlic breadstick 1 tsp margarine fresh fruit 8 oz low fat milk	3 oz BBQ chicken ½ cup sweet potato fries ½ cup spinach biscuit 1 tsp margarine 4 oz orange juice ½ cup tapioca pudding 8 oz low fat milk	6 oz butternut squash and apple soup 1 pkt unsalted crackers 3 oz sliced turkey/gravy ½ cup baked potato ½ cup broccoli cranberry sauce dinner roll 1 tsp margarine fresh fruit 8 oz low fat milk	3 oz Spanish omelet ½ cup orzo pilaf ½ cup mixed vegetables wheat dinner roll 1 tsp margarine 4 oz grape juice 1 slice crumb cake 8 oz low fat milk
<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>
<b>CLOSED</b>	3 oz Chicken parmesan ½ cup penne pasta with sauce parmesan cheese 1 cup tossed salad with cucumber and Italian dressing herb breadstick 1 tsp margarine fresh fruit 8 oz low fat milk	6 oz chicken noodle soup 1 pkt unsalted crackers 3 oz chicken pot pie mix 1 Biscuit ½ cup Broccoli 1 tsp margarine ½ cup peaches 8 oz low fat milk	3 oz pork loin/gravy ½ cup baked sweet potato ½ cup carrots pumpnickel dinner roll 1 tsp margarine 4 oz apple juice chocolate chip cookie 8 oz low fat milk	1 cup butternut squash ravioli with cream sauce ½ cup white beans ½ cup spinach 1 slice Italian bread 1 tsp margarine ½ cup bake apple slices 8 oz low fat milk
<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b>
3 oz Pulled pork ½ cup baked beans ½ cup coleslaw vinaigrette burger roll 1 tsp margarine fresh fruit 8 oz low fat milk	3 oz fish sticks tartar sauce ½ cup barley pilaf ½ cup California blend wheat dinner roll 1 tsp margarine 4 oz grape juice pound cake with strawberry topping 8 oz low fat milk	3 oz Salisbury steak/gravy ½ cup smashed potato ½ cup mixed vegetables 1 slice rye bread 1 tsp margarine fresh fruit 8 oz low fat milk	<b>Thanksgiving Special</b> Roast turkey with giblet gravy Savory stuffing Cranberry sauce Sweet potatoes Seasoned peas, carrots and corn Corn bread Cranberry juice Pumpkin pie	6 oz Vegetarian vegetable soup 1 pkt unsalted crackers 1/6 broccoli quiche ½ cup sweet potato fries ½ broiled tomato 1 slice multigrain bread 1 tsp margarine ½ cup fruit cocktail 8 oz low fat milk
<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b>
3 oz Herb baked chicken quarter ½ cup roasted squash ½ cup spinach wheat breadstick 1 tsp margarine 4 oz orange juice ½ cup chocolate pudding 8 oz low fat milk	6 oz Lentil soup 1 pkt unsalted crackers cold cut sandwich 1 oz each ham, turkey, cheese ½ cup lettuce, tomato and pickle chip ½ cup beet salad mustard/mayo grinder roll 1 tsp margarine ½ cup apricots 8 oz low fat milk	3 oz meatballs ½ cup spaghetti parmesan cheese 1 cup Caesar salad with croutons and Caesar dressing garlic bread 1 tsp margarine Fresh fruit 8 oz low fat milk	<b>CLOSED</b>	<b>CLOSED</b>

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