

LifeBridge Community Services. MILLER SENIOR CENTER CAFÉ
Nutrition for Mind, Body and Spirit
January 2020

Monday	Tuesday	Wednesday	Thursday	Friday
		1	2	3
		Closed No Lunch HAPPY NEW YEAR!	6 oz Chicken noodle soup 1 pkt unsalted crackers 3 oz Sloppy Joe Wheat bun ½ cup sweet potato tots ½ cup Peas ½ cup Cinnamon Baked apple slices 8 oz low fat milk	3 oz cheese omelet ½ cup O'Brien potato ½ cup Roasted tomato blueberry muffin 1 tsp margarine ½ cup orange wedges 8 oz low fat milk
6	7	8	9	10
3 oz fish croquettes tartar sauce ½ cup Rice and orzo pilaf ½ cup Green beans Wheat dinner roll 1 tsp margarine 4 oz grape juice Carrot cake 8 oz low fat milk	3 oz Chicken paprikash ½ cup bowtie noodles ½ cup Zucchini 1 slice Rye bread 1 tsp margarine Fresh fruit 8 oz low fat milk	3 oz meatballs in sauce ½ cup spaghetti 1 cup Tossed salad with cucumber and Italian dressing 1 slice Garlic bread ½ cup Peaches 8 oz low fat milk	1 cup Turkey pot pie with 1 biscuit ½ cup Peas ½ cup Broccoli 1 tsp margarine Fresh fruit 8 oz low fat milk	6 oz Vegetable barley soup 1 pkt unsalted crackers Veggie Wedge with 3 oz mozzarella cheese and ½ cup roasted veggies on WG grinder roll ½ cup Baked apple slices 8 oz low fat milk
13	14	15	16	17
3 oz Chicken Florentine ½ cup roasted potato ½ cup Zucchini Herb breadstick 1 tsp margarine Fresh fruit 8 oz low fat milk	Hot open roast beef sandwich/ gravy 3 oz roast beef 1 slice wheat bread ½ cup Diced winter squash ½ cup Beets 4 oz Orange juice Chocolate chip cookie 8 oz low fat milk	MLK Day Special Fried chicken quarter Collard greens Corn and okra Biscuit Grape juice Bread pudding w/topping	3 oz Roast pork with honey garlic sauce ½ cup mashed sweet potato ½ cup Bean medley 1 slice Rye bread 1 tsp margarine 4 oz apple juice ½ cup vanilla pudding 8 oz low fat milk	1/6 Spinach quiche ½ Roasted tomato 1 cup Caesar salad with croutons and Caesar dressing Wheat dinner roll 1 tsp margarine Fresh fruit 8 oz low fat milk
20	21	22	23	24
Closed No Lunch MARTIN LUTHER KING DAY!	1 cup Sausage and pepper ½ cup Penne pasta ½ cup Broccoli Wheat grinder roll 1 tsp margarine Fresh fruit 8 oz low fat milk	3 oz Chicken Cordon Blue ½ cup Mashed potato ½ cup Spinach 1 slice Wheat bread 1 tsp margarine 4 oz Grape juice Sugar cookie 8 oz low fat milk	Chinese New Year Special Mandarin chicken Rice Oriental blend vegetables Oatmeal bread Mandarin Oranges Low fat milk	6 oz Minestrone soup 1 pkt unsalted crackers 1 square Vegetable lasagna ½ cup Zucchini and tomato 1 slice garlic bread Fresh fruit 8 oz low fat milk
27	28	29	30	31
3 oz Meatloaf/gravy ½ cup mashed potato ½ cup Scandinavian blend 1 slice Multigrain bread 1 tsp margarine ½ cup Mandarin oranges 8 oz low fat milk	6 oz Italian wedding soup 1 pkt unsalted Crackers 1 cup Ravioli with sauce and cheese parmesan cheese 1 cup spinach salad with shredded carrots and raspberry vinaigrette Garlic breadstick 1 tsp margarine ½ cup Pears 8 oz low fat milk	3 oz Pulled Pork Hamburger bun ½ cup Coleslaw ½ cup Corn niblets 1 tsp margarine Fresh fruit 8 oz low fat milk	3 oz Chicken Piccata ½ cup Barley pilaf ½ cup broccoli wheat dinner roll 1 tsp margarine fresh fruit 8 oz low fat milk	3 oz fish sticks tartar sauce ½ cup Macaroni and cheese ½ cup Mixed vegetables 1 slice multigrain bread 1 tsp margarine 4 oz orange juice marble cake 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!