










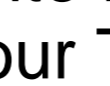




















Sixty & Better Activity Center Menu

May 2019

Cycle 2, 2019

Monday	Tuesday	Wednesday	Thursday	Friday
		Country Captain Chicken Breast  Macaroni and Cheese  Country Vegetables Whole Wheat Bread Fruited Lemon Gelatin Milk Margarine Diet - Fruited Gelatin Cal: 706 Fat: 18g	Tuna Tetrizzini  Tossed Salad Herbed Green Beans Dinner Roll Fresh Fruit Birthday Cake  Milk Margarine Ranch Salad Dressing Diet - Same Cal: 860 Fat: 29g	Egg Salad  Carrot Raisin Salad Cold Pickled Beets Saltine Crackers Fresh Banana Milk Diet - Same Cal: 676 Fat: 23g
Meatloaf*  Tomato Gravy Garlic Whipped Potatoes Catalina Vegetables Whole Wheat Bread Gingerbread Cookie Milk Margarine Diet - Same Cal: 652 Fat: 21g	Turkey Pasta Bolognese Sliced Carrots Cauliflower Dinner Roll Fruited Strawberry Gelatin Milk Margarine Diet - Fruited Gelatin Cal: 672 Fat: 18g	Cheese Omelet  O'Brien Hashbrowns  Spinach Whole Wheat Bread Fresh Banana Milk Margarine Picante Sauce Diet - Same Cal: 656 Fat: 15g	Hamburger Patty* Lettuce/Tomato/Onion Ranch Beans Hamburger Bun Peach Cobbler Milk Mayonnaise and Mustard Diet - Mixed Fruit Cal: 918 Fat: 34g	Mother's Day Meal Creamy Spinach Chicken Breast  Yellow Rice Broccoli Craisin Salad Dinner Roll Apple Cobbler Milk Margarine Diet - Spiced Apples Cal: 822 Fat: 25g
Swedish Chicken Meatballs* Egg Noodles Broccoli Whole Wheat Bread Fig Bar Milk Margarine Diet - Same Cal: 741 Fat: 27g	Turkey Pastrami  Swiss Cheese  Lettuce and Tomato Fruit Salad  Whole Wheat Bread (2) Strawberry Shortcake Cookie Milk Mustard Diet - Cookie Cal: 695 Fat: 23g	Pork Carnitas  Lettuce/Tomato/Onion  Pinto Beans Flour Tortilla Cranapple Cobbler Milk Taco Sauce Diet - Applesauce Cal: 729 Fat: 15g	Balsamic Brown Sugar Chicken Breast Creamy Diced Potatoes  Parslied Carrots  Whole Wheat Bread Fresh Fruit Milk Margarine Diet - Same Cal: 608 Fat: 14g	10 Grain Pollock  Spanish Rice  Mixed Vegetables Dinner Roll Chocolate Chip Pudding Milk Margarine Tartar Sauce Diet - Chocolate Pudding Cal: 863 Fat: 30g
Pizza Casserole  Country Tomatoes  Green Peas w/Mushrooms  Whole Wheat Breadstick Fresh Fruit Milk Margarine Diet - Same Cal: 777 Fat: 29g	Hamburger Patty*  Sliced Cheese  Lettuce/Tomato/Onion Ranch Beans Hamburger Bun Peach Cobbler Milk Mayonnaise and Mustard Diet - Spiced Peaches Cal: 970 Fat: 38g	Sliced Ham Lima Beans Oven Roasted Sweet Potatoes Cornbread Fresh Banana Milk Margarine Diet - Same Cal: 788 Fat: 21g	Beef Burgundy* Delmonico Potatoes Brussels Sprouts Whole Wheat Bread Nutty Buddy Bar Milk Margarine Diet - Same Cal: 670 Fat: 27g	Vegetarian Bean Chili  Parslied Rice Squash Medley Saltine Crackers Creamsicle Pudding Milk Diet - Vanilla Pudding Cal: 768 Fat: 7g
Closed for Memorial Day	Salisbury Beef* Brown Gravy Ranch Whipped Potatoes Capri Vegetables Whole Wheat Bread Fresh Fruit Milk Margarine Diet - Same Cal: 663 Fat: 24g	Chicken Salad Black-Eyed Pea Salad  German Coleslaw Saltine Crackers Fresh Banana Milk Diet - Same Cal: 703 Fat: 22g	BBQ Pork Rib Patty*  Chuckwagon Corn Spinach Salad  Hamburger Bun Apple Cobbler Milk Ranch Salad Dressing Diet - Cinnamon Applesauce Cal: 867 Fat: 31g	Vegetarian Pot Pie  Cauliflower Green Beans Whole Wheat Bread Brownie Milk Margarine Diet - Brownie Cal: 614 Fat: 14g

 New Menu Item

 Vegetarian Entrée

 Meal ≥ 1,000 mg sodium

* Soy containing item (≤ 6.5% of total volume)

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