

Sixty & Better Activity Center Menu

March 2019

Monday	Tuesday	Wednesday	Thursday
<p>Swiss Steak Oven Roasted Potatoes California Vegetables Whole Wheat Bread Fresh Fruit Milk Margarine Diet - Same</p> <p style="text-align: right;">Cal: 649 Fat: 27g</p> <p style="text-align: right;">4</p>	<p>Chicken Alfredo Tossed Salad Green Beans Whole Wheat Bread Peach Cobbler Milk Margarine Ranch Salad Dressing Diet - Pineapple Tidbits</p> <p style="text-align: right;">Cal: 901 Fat: 26g</p> <p style="text-align: right;">5</p>	<p>Ash Wednesday Lemon Pepper Fish Glazed Carrots Broccoli Dinner Roll Sugar Cookie Milk Margarine Diet - Brownie</p> <p style="text-align: right;">Cal: 715 Fat: 29g</p> <p style="text-align: right;">6</p>	<p>Oven Fried Chicken Thigh Green Peas Glazed Carrots Texas Bread Fresh Orange Birthday Cake Milk Margarine Diet - Same</p> <p style="text-align: right;">Cal: 983 Fat: 39g</p> <p style="text-align: right;">7</p>
<p>Cheesy Chicken Macaroni Green Beans with Onions Stewed Tomatoes Whole Wheat Bread Fresh Fruit Milk Margarine Diet - Same</p> <p style="text-align: right;">Cal: 651 Fat: 18g</p> <p style="text-align: right;">11</p>	<p>Hamburger Patty* Lettuce/Tomato/Onion Baked Beans Hamburger Bun Apple Cobbler Milk Mayonnaise and Mustard Diet - Applesauce</p> <p style="text-align: right;">Cal: 925 Fat: 34g</p> <p style="text-align: right;">12</p>	<p>Sliced Turkey and Swiss Cheese Lettuce and Tomato Corn Salad Vegetable Soup Whole Wheat Bread (2) Banana Pudding Milk Mustard Diet - Vanilla Pudding</p> <p style="text-align: right;">Cal: 880 Fat: 24g</p> <p style="text-align: right;">13</p>	<p>Meatloaf* Brown Gravy Ranch Whipped Potatoes Sliced Carrots Whole Wheat Bread Nutty Buddy Bar Milk Margarine Diet - Same</p> <p style="text-align: right;">Cal: 652 Fat: 23g</p> <p style="text-align: right;">14</p>
<p>Beef with Mushroom Gravy* Whipped Potatoes Capri Vegetables Whole Wheat Bread Fresh Fruit Milk Margarine Diet - Same</p> <p style="text-align: right;">Cal: 650 Fat: 22g</p> <p style="text-align: right;">18</p>	<p>Sloppy Joe Tater Gems Italian Green Beans Hamburger Bun Fudge Cream Cookie Milk Diet - Same</p> <p style="text-align: right;">Cal: 802 Fat: 32g</p> <p style="text-align: right;">19</p>	<p>Turkey Tetrizzini Broccoli Squash Medley Whole Wheat Breadstick Fresh Banana Milk Margarine Diet - Same</p> <p style="text-align: right;">Cal: 682 Fat: 19g</p> <p style="text-align: right;">20</p>	<p>BBQ Pork Rib Patty* Carrot Raisin Salad Ranch Beans Hamburger Bun Peach Cobbler Milk Diet - Spiced Peaches</p> <p style="text-align: right;">Cal: 946 Fat: 27g</p> <p style="text-align: right;">21</p>
<p>Teriyaki Chicken Meatballs* Jasmine Rice Broccoli w/Red Peppers Whole Wheat Bread Fruited Cherry Gelatin Milk Margarine Diet - Fruited Gelatin</p> <p style="text-align: right;">Cal: 719 Fat: 21g</p> <p style="text-align: right;">25</p>	<p>Smoked Sausage Whole Kernel Corn Brussels Sprouts Hot Dog Bun Oatmeal Cream Cookie Milk Mustard Diet - Same</p> <p style="text-align: right;">Cal: 687 Fat: 22g</p> <p style="text-align: right;">26</p>	<p>Hamburger Patty* Lettuce/Tomato/Onion Baked Beans Hamburger Bun Apple Cobbler Milk Mayonnaise and Mustard Diet - Cinnamon Applesauce</p> <p style="text-align: right;">Cal: 854 Fat: 25g</p> <p style="text-align: right;">27</p>	<p>Turkey Spaghetti Casserole Cauliflower Herbed Green Beans Whole Wheat Breadstick Fresh Fruit Milk Margarine Diet - Same</p> <p style="text-align: right;">Cal: 637 Fat: 19g</p> <p style="text-align: right;">28</p>