



Sixty & Better Activity Center Menu

February 2020

Cycle 1, 2020

| Monday | Tuesday | Wednesday | Thursday | Friday |
|--|---|--|---|--|
| Beef with Mushroom Gravy* Whipped Potatoes Capri Vegetables Whole Wheat Bread Fresh Fruit Milk Margarine Diet - Same Cal: 634 Fat: 20g Sodium: 709mg 3 | Sloppy Joe Oven Roasted Potatoes Green Beans Hamburger Bun Cinnamon Sugar Cookie Milk Diet - Cookie Cal: 689 Fat: 25g Sodium: 768mg 4 | Turkey Tetrazzini Broccoli Squash Medley Dinner Roll Fresh Banana Milk Margarine Diet - Same Cal: 705 Fat: 19g Sodium: 579mg 5 | Hot Ham and Cheese Sandwich # Carrot Raisin Salad Ranch Beans Hamburger Bun Fresh Fruit Birthday Cake Milk Diet - Same Cal: 884 Fat: 24g Sodium: 1426mg 6 | Cheese Enchiladas with Red Sauce Mexican Rice Mixed Vegetables Fruited Lemon Gelatin Milk Diet - Fruited Gelatin Diet - Same Cal: 768 Fat: 20g Sodium: 1267mg 7 |
| Orange Glazed Chicken Thigh # Jasmine Rice Broccoli w/Red Peppers Whole Wheat Bread Cherry Gelatin Milk Margarine Diet - Gelatin Cal: 776 Fat: 29g Sodium: 571mg 10 | Turkey Spaghetti Cauliflower Herbed Green Beans Whole Wheat Breadstick Fresh Fruit Milk Margarine Diet - Same Cal: 621 Fat: 18g Sodium: 665mg 11 | Hamburger Patty* Lettuce/Tomato/Onion Baked Beans Hamburger Bun Apple Cobbler Milk Mayonnaise and Mustard Diet - Cinnamon Applesauce Cal: 925 Fat: 34g Sodium: 939mg 12 | Smoked Sausage Whole Kernel Corn Brussels Sprouts Hot Dog Bun Fresh Fruit Milk Mustard Diet - Same Cal: 606 Fat: 17g Sodium: 1188mg 13 | Salmon Croquette Pasta Alfredo Tuscany Vegetables Dinner Roll Red Velvet Cake Milk Margarine Diet - Same Cal: 726 Fat: 22g Sodium: 1110mg 14 |
| Turkey Brunswick Stew # Whole Kernel Corn Green Beans Dinner Roll Fresh Apple Slices Milk Margarine Diet - Same Cal: 628 Fat: 17g Sodium: 753mg 17 | Parmesan Chicken Macaroni and Cheese Italian Vegetables Whole Wheat Bread Creamsicle Pudding Milk Margarine Diet - Vanilla Pudding Cal: 699 Fat: 17g Sodium: 1297mg 18 | Beef Taco Meat Lettuce/Tomato/Onion Pinto Beans Flour Tortilla Peach Cobbler Milk Taco Sauce Diet - Pineapple Tidbits Cal: 837 Fat: 25g Sodium: 1059mg 19 | Pineapple Glazed Ham Black-Eyed Peas Spinach Cornbread Fresh Banana Milk Margarine Diet - Same Cal: 632 Fat: 20g Sodium: 913mg 20 | Potato Crusted Fish Parslied Rice Mixed Vegetables Whole Wheat Bread Gingerbread Cookie Milk Margarine Tartar Sauce Diet - Same Cal: 753 Fat: 27g Sodium: 944mg 21 |
| Baked Chicken Breast Chicken Gravy Chuckwagon Corn Green Beans Amandine Dinner Roll Fresh Fruit Milk Margarine Diet - Same Cal: 604 Fat: 16g Sodium: 753mg 24 | Ground Beef Stew Mixed Beans # Medley Cabbage Cornbread Fudge Cream Cookie Milk Margarine Diet - Same Cal: 893 Fat: 35g Sodium: 728mg 25 | Lemon Pepper Fish Confetti Rice Broccoli Dinner Roll Sugar Cookie Milk Margarine Tartar Sauce Diet - Same Cal: 823 Fat: 30g Sodium: 1102mg 26 | Hamburger Patty* Sliced Cheese Lettuce/Tomato/Onion Roasted Ranch Potatoes # Hamburger Bun Cranapple Cobbler Milk Mayonnaise and Mustard Diet - Mixed Fruit Cal: 930 Fat: 40g Sodium: 1281mg 27 | Vegetarian Lasagna Squash Medley Cauliflower Whole Wheat Breadstick Fresh Banana Milk Margarine Diet - Same Cal: 631 Fat: 16g Sodium: 1011mg 28 |

Allison Seathur, MDA, RD, LD #DT84287

New Menu Item
 Vegetarian Entrée
 * Soy containing item (≤ 6.5% of total volume)