



Sixty & Better Activity Center Menu

March 2020

Cycle 1, 2020

Monday	Tuesday	Wednesday	Thursday	Friday
Swiss Steak* Whipped Potatoes California Vegetables Whole Wheat Bread Fresh Apple Slices Milk Margarine Diet - Same Cal: 614 Fat: 22g Sodium: 631mg 2	Chicken Alfredo Tossed Salad Green Beans Whole Wheat Bread Peach Cobbler Milk Margarine Ranch Salad Dressing Diet - Pineapple Tidbits Cal: 862 Fat: 25g Sodium: 1069mg 3	Ham and Kidney Beans ✓ Cajun Rice Okra, Tomatoes, and Corn Cornbread Carnival Cookie Milk Margarine Diet - Cookie Cal: 819 Fat: 25g Sodium: 1046mg 4	Oven Fried Chicken Thigh Brussels Sprouts Glazed Carrots Texas Bread Fresh Fruit Birthday Cake Milk Margarine Diet - Same Cal: 963 Fat: 38g Sodium: 941mg 5	Tuna Noodle Casserole # Glazed Beets Green Peas Saltine Crackers Glazed Chocolate Cake # Milk Diet - Cake Cal: 762 Fat: 18g Sodium: 1265mg 6
Cheesy Chicken Macaroni Green Beans with Onions Stewed Tomatoes Whole Wheat Bread Fresh Fruit Milk Margarine Diet - Same Cal: 612 Fat: 17g Sodium: 1006mg 9	Hamburger Patty* Lettuce/Tomato/Onion Baked Beans Hamburger Bun Cranapple Cobbler Milk Mayonnaise and Mustard Diet - Applesauce Cal: 944 Fat: 34g Sodium: 945mg 10	Sliced Turkey and Swiss Cheese Lettuce and Tomato Vegetable Soup Whole Wheat Bread (2) Banana Pudding Milk Mustard Diet - Vanilla Pudding Cal: 814 Fat: 21g Sodium: 1521mg 11	Meatloaf* Brown Gravy Ranch Whipped Potatoes Sliced Carrots Dinner Roll Peanut Butter Cookie Milk Margarine Diet - Cookie Cal: 723 Fat: 26g Sodium: 1280mg 12	Bean Soup ✓ Cheesy Baked Rice # Spinach Cornbread Fresh Fruit Milk Margarine Diet - Same Cal: 739 Fat: 20g Sodium: 1156mg 13
Beef with Mushroom Gravy* Whipped Potatoes Capri Vegetables Whole Wheat Bread Fresh Fruit Milk Margarine Diet - Same Cal: 634 Fat: 20g Sodium: 709mg 16	Sloppy Joe Oven Roasted Potatoes Green Beans Hamburger Bun Cinnamon Sugar Cookie Milk Diet - Cookie Cal: 689 Fat: 25g Sodium: 768mg 17	Turkey Tetrazzini Broccoli Squash Medley Dinner Roll Fresh Banana Milk Margarine Diet - Same Cal: 705 Fat: 19g Sodium: 579mg 18	Hot Ham and Cheese Sandwich # Carrot Raisin Salad Ranch Beans Hamburger Bun Peach Cobbler Milk Diet - Spiced Peaches Cal: 873 Fat: 24g Sodium: 1416mg 19	Cheese Enchiladas ✓ with Red Sauce Mexican Rice Mixed Vegetables Fruited Lemon Gelatin Milk Diet - Fruited Gelatin Diet - Same Cal: 768 Fat: 20g Sodium: 1267mg 20
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 23	Turkey Spaghetti Cauliflower Herbed Green Beans Whole Wheat Breadstick Fresh Fruit Milk Margarine Diet - Same Cal: 621 Fat: 18g Sodium: 665mg 24	Hamburger Patty* Lettuce/Tomato/Onion Baked Beans Hamburger Bun Apple Cobbler Milk Mayonnaise and Mustard Diet - Cinnamon Applesauce Cal: 925 Fat: 34g Sodium: 939mg 25	Smoked Sausage Whole Kernel Corn Brussels Sprouts Hot Dog Bun Fresh Fruit Milk Mustard Diet - Same Cal: 606 Fat: 17g Sodium: 1188mg 26	Vegetarian Pot Pie ✓ Oven Roasted Sweet Potatoes Mixed Greens Cornbread Oatmeal Cream Cookie Milk Margarine Diet - Same Cal: 823 Fat: 28g Sodium: 878mg 27

Allison Leather, MDA, RD, LD

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New Menu Item
 ✓ Vegetarian Entrée

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