

**LifeBridge Community Services. NEW HAVEN SENIOR COMMUNITY CAFÉ**  
**Nutrition for Mind, Body and Spirit**  
**December 2021**

Monday	Tuesday	Wednesday	Thursday	Friday
		<b>1</b>	<b>2</b>	<b>3</b>
<b>MENU SUBJECT TO CHANGE BASED ON AVAILABILITY</b>		3 oz BBQ pulled pork ½ cup Baked beans ½ cup Corn WG sandwich roll ½ cup Tropical fruit 8 oz low fat milk	6 oz Cream of zucchini soup/crax 1 Cheese omelet ½ cup Obrien potato ½ cup Beets WGR Blueberry muffin 1 tsp margarine ½ cup mandarin oranges 8 oz low fat milk	3 oz Meatloaf/gravy ½ cup mashed potato ½ cup California blend Dinner roll 1 tsp margarine Fresh fruit 8 oz low fat milk
<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>
6 oz Chicken rice soup/crax 3 oz Stir fry beef ½ cup broccoli ½ cup lo mein Wheat bread 1 tsp margarine ½ cup Pineapple tidbits 8 oz low fat milk	1 cup Macaroni and cheese with ham ½ cup peas ½ cup spinach Dinner roll 1 tsp margarine Fresh Fruit 8 oz low fat milk	3 oz Philly Cheese steak with ½ cup onion and pepper ketchup ½ cup Potato wedges 4 in grinder ½ cup Applesauce 8 oz low fat milk	3 oz Chicken parmesan ½ cup Penne pasta ½ cup Zucchini Italian bread 1 tsp margarine Fresh fruit 8 oz low fat milk	3 oz Potato crusted fish ½ cup Rice pilaf ½ cup Scandinavian blend Multigrain bread 1 tsp margarine 4 oz mixed fruit juice Iced chocolate cake 8 oz low fat milk
<b>13</b>	<b>14</b>	<b>15</b>	<b>16</b>	<b>17</b>
3 oz Chicken with Florentine sauce ½ cup sweet potato pone ½ cup Green beans Breadstick 1 tsp margarine ½ cup Peaches 8 oz low fat milk	6 oz Beef Barley soup 1 pkt crax 3 oz Fish sticks 1 pkt tartar sauce ½ cup Brown rice and orzo pilaf ½ cup Zucchini WG dinner roll 1 tsp margarine ½ cup Mandarin oranges 8 oz low fat milk	1 cup Cheese Baked ziti ½ cup Spinach ½ cup Cauliflower 1 pkt parmesan cheese Italian bread 1 tsp margarine Fresh Fruit 8 oz low fat milk	3 oz Salisbury Steak/mushroom gravy ½ cup roasted potato ½ cup Glazed Carrots WG dinner roll 1 tsp margarine 4 oz Apple juice Chocolate chip cookie 8 oz low fat milk	¾ cup Sweet and sour pork ½ cup brown rice ½ cup Asian blend veggies Wheat bread 1 tsp margarine ½ cup Pineapple tidbits 8 oz low fat milk
<b>20</b>	<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>
3 oz Swiss steak with tomato and onions ½ cup mashed potato ½ cup Fiesta blend vegs WG Dinner roll 1 tsp margarine Fresh fruit 8 oz low fat milk	1/6 Spinach quiche ½ cup Stewed tomato ½ cup Bean blend Garlic breadstick 1 tsp margarine 4 oz Grape Juice ½ cup Chocolate pudding 8 oz low fat milk	6 oz Greek lemon soup 1 pkt crax 3 oz Chicken Piccata ½ cup Rice pilaf ½ cup Broccoli Pumpnickel bread 1 tsp margarine ½ cup Pears 8 oz low fat milk	3 oz Turkey/gravy ½ cup Baked acorn squash ½ cup Green Peas 1 pkt cranberry sauce Corn bread 1 tsp margarine ½ cup Fruit cocktail 8 oz low fat milk	<b>CLOSED</b>
<b>27</b>	<b>28</b>	<b>29</b>	<b>30</b>	<b>31</b>
¾ cup Chicken a la king ½ cup Brown rice ½ cup Broccoli Biscuit 1 tsp margarine Fresh fruit 8 oz low fat milk	3 oz Pork loin/gravy ½ cup mashed potato ½ cup Sauteed red cabbage Rye bread 1 tsp margarine ½ cup Applesauce 8 oz low fat milk	3 oz Potato crusted fish ½ cup Macaroni and cheese ½ cup Peas Dinner roll 1 tsp margarine 4 oz Orange Juice Pound cake/berries 8 oz low fat milk	3 oz Meatballs ½ cup Spaghetti ½ cup Spinach 1 pkt parmesan cheese Wheat breadstick 1 tsp margarine ½ cup Fruited Jell-O 8 oz low fat milk	<b>CLOSED</b>

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.