

LifeBridge Community Services. NEW HAVEN SENIOR COMMUNITY CAFE
Nutrition for Mind, Body and Spirit
November 2021

Monday	Tuesday	Wednesday	Thursday	Friday
1	2	3	4	5
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
8	9	10	11	12
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
15	16	17	18	19
3 oz Swiss steak with tomato and onions ½ cup mashed potato ½ cup Fiesta blend vegg 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	1 roll Vegetable Lasagna ½ cup Seasoned cannellini beans ½ cup Carrots 1 pkt parmesan cheese Italian bread 1 tsp margarine ½ cup Fresh Fruit 8 oz low fat milk
22	23	24	25	26
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	CLOSED	CLOSED
29	30			
3 oz Spinach Grandioli in parmesan white sauce ½ cup stewed tomato ½ cup Zucchini Italian bread 1 tsp margarine 4 oz Grape Juice Carrot cake 8 oz low fat milk	3 oz Oven baked chicken ½ cup roasted potato ½ cup mixed vegetables Biscuit 1 tsp margarine ½ cup baked apple slices 8 oz low fat milk			

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