

LifeBridge Community Services. NEW HAVEN SENIOR COMMUNITY CAFE
Nutrition for Mind, Body and Spirit
June 2022

Monday	Tuesday	Wednesday	Thursday	Friday
		1	2	3
MENU SUBJECT TO CHANGE BASED ON AVAILABILITY		6oz chicken vegetable soup 1 cup turkey divan ½ cup bowtie noodles ½ cup glazed carrots 1 biscuit 1 piece fresh fruit 8oz low fat milk 1tsp margarine 1pkt crackers	1 cup chicken stir fry ½ cup brown rice ½ cup broccoli 1 slice multigrain bread ½ cup mandarin oranges 8oz low fat milk 1tsp margarine	1 cup macaroni and cheese ½ cup green beans ½ cup cauliflower 1 slice rye bread 1 piece fresh fruit 8oz low fat milk 1tsp margarine
	6	7	8	9
3oz BBQ pork loin ½ cup baked beans ½ cup corn 1 hamburger bun 1 piece fresh fruit 8oz low fat milk	3oz Hawaiian chicken ½ white rice ½ cup peppers & onions 1 slice multigrain bread 4oz apple juice 1 lemon cookie 8oz low fat milk 1tsp margarine	3oz eggplant rollatini 1/2 cup penne pasta 1/2 cup spinach 1 garlic breadstick ½ cup pears 8oz low fat milk 1tsp margarine	6oz cream of mushroom soup 3oz Salisbury steak ½ cup mixed vegetables 1 wheat dinner roll 1 piece fresh fruit 8oz low fat milk 1tsp margarine 1pkt crackers	3oz glazed ham ½ cup sweet potatoes ½ cup peas 1 slice rye bread ½ cup applesauce 8oz low fat milk 1tsp margarine
13	14	15	16	17
3oz herb baked chicken ½ cup rice pilaf ½ cup California vegetables 1 wheat dinner roll ½ cup applesauce 8oz low fat milk 1tsp margarine	3oz meatloaf w/gravy ½ cup mashed potatoes ½ cup green beans 1 slice rye bread 1 piece fresh fruit 8oz low fat milk 1tsp margarine	3oz potato crusted fish ½ cup confetti rice ½ cup spinach 1 breadstick 4oz orange tangerine juice ½ cup vanilla pudding 8oz low fat milk 1tsp margarine 1pkt tartar sauce	6oz Italian wedding soup 3oz pork roast w/gravy ½ cup peas 1 slice wheat bread ½ peaches 8oz low fat milk 1tsp margarine 1pkt crackers	Father's Day Special 3oz sausage w/onions & peppers 1 grinder roll ½ baked potato ½ cup roasted vegetables 1 slice holiday cake 8oz low fat milk
20	21	22	23	24
3oz turkey w/gravy ½ cup stuffing ½ cup mixed vegetables 1 dinner roll ½ cinnamon apple slices 8oz low fat milk 1tsp margarine 1oz cranberry sauce	6oz chicken tortilla soup 3oz cheese omelet ½ cup roasted potatoes 1 blueberry muffin ½ mandarin oranges 8oz low fat milk 1tsp margarine 1pkt crackers	3oz chicken parmesan ½ cup penne pasta ½ cup Italian green beans 1 slice garlic bread 1 piece fresh fruit 8oz low fat milk 1tsp margarine 1pkt parmesan cheese	3oz hamburger 1 hamburger bun ½ cup steak fries ½ cup carrots 4oz apple juice 1 chocolate chip cookie 8oz low fat milk 1pkt ketchup	3oz Mexican chicken ½ cup confetti brown rice ½ cup sauteed peppers 1 slice wheat bread ½ cup pineapple 8oz low fat milk 1tsp margarine
27	28	29	30	
6oz minestrone soup 3oz grilled chicken 1cup romaine lettuce 1pkt Caesar salad dressing 1 slice marble rye bread ½ cup pears 8oz low fat milk 1tsp margarine	3oz sweet & sour pork ½ lo mein noodles ½ oriental vegetables 1 slice multigrain bread ½ cup fruit cocktail 8oz low fat milk 1tsp margarine	3oz meatballs w/sauce ½ cup spaghetti ½ cup spinach 1 herbed breadstick 1 piece fresh fruit 8oz low fat milk 1tsp margarine	1 cup chicken a la king ½ cup white rice ½ cup zucchini 1 biscuit 1 piece fresh fruit 8oz low fat milk 1tsp margarine	

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