

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

Monday	Tuesday	Wednesday	Thursday	Friday
				1
MENU SUBJECT TO CHANGE BASED ON AVAILABILITY				Independence Day Special 3oz low sodium hot dog 1 wheat hog dog bun 2oz chili ½ cup succotash ½ cup vanilla pudding 8oz low fat milk
4	5	6	7	8
CLOSED	1 hamburger patty 1 slice cheese ½ cup French fries ½ broccoli 1 hamburger bun ½ cup seasonal fruit 8oz low fat milk 1 pkt ketchup	1 cup vegetable barley soup 1 cup chef salad ½ cup three bean salad 1 slice marble rye bread ½ cup pears 8oz low fat milk 1 pkt ranch dressing 1 tsp margarine 1 pkt saltines	1 cup cheese baked ziti 1 cup tossed salad 1 slice garlic bread 1 piece seasonal fruit 8oz low fat milk 1 tsp margarine 1 pkt Italian dressing	3oz BBQ chicken ½ cup baked beans ½ cup cauliflower 1 hamburger bun ½ cup mandarin oranges
11	12	13	14	15
3oz chicken paprika ½ cup confetti rice ½ cup Scandinavian vegetables 1 wheat dinner roll ½ cup applesauce 8oz low fat milk 1 tsp margarine	3oz potato crusted fish ½ cup roasted sweet potatoes ½ cup broccoli 1 slice rye bread ½ cup peaches 8oz low fat milk 1 tsp margarine 1 pkt tartar sauce	3oz pork loin 2oz mushroom gravy ½ cup whipped potatoes ½ cup mixed vegetables 1 biscuit 1 chocolate chip cookie 4oz orange tangerine juice 8oz low fat milk 1 tsp margarine	3oz chicken parmesan ½ cup buttered penne 1 cup tossed salad 1 slice Italian bread 1 piece seasonal fruit 8oz low fat milk 1 tsp margarine 1 pkt ranch dressing	1 cup lentil soup 3oz Salisbury steak ½ cup carrots 1 wheat dinner roll ½ cup diced pears 8oz low fat milk 1 tsp margarine
18	19	20	21	22
3oz meatballs w/marinara ½ cup spaghetti 1 cup Caesar salad 1 garlic breadstick 1 piece seasonal fruit 8oz low fat milk 1 tsp margarine 1 pkt Caesar dressing	3oz sliced turkey breast 2oz turkey gravy ½ cup roasted sweet potatoes ½ cup mixed vegetables 1 biscuit ½ cup mandarin oranges 8oz low fat milk 1 tsp margarine	1 cup chili w/beans ½ cup brown rice ½ cup carrots 1 piece cornbread ½ cup mixed fruit 8oz low fat milk 1 tsp margarine	1 cup vegetable orzo soup ½ cup tuna salad 1 cup lettuce & cucumbers ½ cup broccoli salad 1 slice Italian bread ½ cup applesauce 8oz low fat milk 1 tsp margarine 1 pkt saltine crackers	3oz sweet & sour pork ½ cup yellow rice ½ cup Asian vegetables 1 slice wheat bread ½ cup fruited gelatin 4oz mixed fruit juice 8oz low fat milk 1 tsp margarine
25	26	27	28	29
1 hamburger patty 1 slice cheese ½ cup baked beans ½ cup carrots 1 hamburger bun ½ cup seasonal fruit 8oz low fat milk 1 pkt ketchup	8 ea cheese ravioli 2oz marinara sauce 1 cup tossed salad 1 slice garlic bread ½ cup applesauce 8oz low fat milk 1 tsp margarine 1 pkt ranch dressing	4 ea fish sticks ½ cup rice pilaf ½ cup broccoli 1 slice wheat bread ½ cup chocolate pudding 4oz apple juice 8oz low fat milk 1 tsp margarine	3oz grilled chicken 1 cup romaine lettuce ½ cup bean salad 1 herbed breadstick 1 piece seasonal fruit 8oz low fat milk 1 tsp margarine 1 pkt croutons 1 pkt Caesar dressing	1 cup Florentine soup 1 slice meatloaf ½ cup whipped potatoes 1 wheat dinner roll ½ cup mandarin oranges 8oz low fat milk 1 tsp margarine 1 pkt saltines

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