



LifeStream Menu

May 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1	2	3
 <p>TRIO Community Meals</p> <p>Nourishment through compassionate care.</p>		Tarragon Chicken Breast Whipped Potatoes Broccoli Wheat Dinner Roll Fresh Fruit Milk Cal: 545 Sodium: 725	<i>New!</i> Pizza Casserole California Vegetable Blend Tossed Salad Whole Grain Bread <i>New!</i> Pineapple Cobbler Milk Salad Dressing Margarine Diet - Hot Pineapples Cal: 738 Sodium: 941	Pork Fried Rice Whole Kernel Corn <i>New!</i> Asian Green Beans Nutty Buddy Bar Milk Cal: 616 Sodium: 645
6	7	8	9	10
Chicken Piccata Seasoned Pasta Spring Vegetable Blend Wheat Dinner Roll Butter Sugar Cookie Milk Diet - Lorna Doone Cookies Cal: 572 Sodium: 782	Herb Crusted Pork Loin Scalloped Potatoes Green Beans Whole Grain Bread Oreo Cookies Milk Margarine Cal: 646 Sodium: 643	Stuffed Pepper Casserole Parslied Rice Green Peas Carrots Fresh Fruit Milk Cal: 648 Sodium: 566	Fajita Chicken Charro Beans Stewed Tomatoes Flour Tortilla Lemon Bar Milk Diet - Vanilla Wafers Cal: 681 Sodium: 803	A-1 Chopped Steak Whipped Potatoes Broccoli Whole Grain Bread Fresh Fruit Milk Margarine Cal: 590 Sodium: 660
13	14	15	16	17
<i>New!</i> Chicken Calabacita (Chicken & Squash) Broccoli Flour Tortilla Fresh Fruit Milk Cal: 628 Sodium: 525	Spaghetti Bake Green Peas Tossed Salad Saltine Crackers Apple Cobbler Milk Salad Dressing Diet - Hot Apple Slices Cal: 737 Sodium: 791	Bacon & Cheese Egg Patty Hashbrowns Cinnamon Raisin Oatmeal Fresh Fruit Milk Cal: 629 Sodium: 829	BBQ Chicken Breast Whipped Sweet Potatoes Green Beans Wheat Dinner Roll Nutty Buddy Bar Milk Margarine Cal: 559 Sodium: 882	Cheeseburger Baked Beans Glazed Carrots Hamburger Bun Chocolate Chip Cookie Milk Diet - Graham Crackers Cal: 905 Sodium: 1139
20	21	22	23	24
Smothered Meatballs Egg Noodles Mixed Vegetable Blend Hot Spiced Fruit Milk Cal: 652 Sodium: 718	Smoked Sausage w/Onions and Peppers Potato Wedges Broccoli Hot Dog Bun Strawberry Gelatin Milk Mustard Ketchup Diet - SF Gelatin Cal: 856 Sodium: 1314	<i>New!</i> Jamaican Pork Parslied Rice Capri Vegetable Blend Wheat Dinner Roll Fresh Fruit Milk Margarine Cal: 653 Sodium: 513	Swiss Steak Whipped Potatoes Green Bean Amandine Whole Grain Bread Fresh Fruit Milk Margarine Cal: 653 Sodium: 606	Breaded Chicken Country Style Gravy Country Corn Carrots Wheat Dinner Roll Fudge Crème Cookie Milk Margarine Diet - Lorna Doone Cookies Cal: 734 Sodium: 1121
27	28	29	30	31
Closed for Holiday	Meatloaf w/Brown Gravy Whipped Potatoes Broccoli Whole Grain Bread Rice Krispie Treat Milk Margarine Cal: 559 Sodium: 916	Rosemary Chicken Breast Lemon Rice Green Peas Carrots Chocolate Cake Milk Diet - Angel Food Cake Cal: 662 Sodium: 885	<i>New!</i> Egg Patty Florentine Parslied Potatoes Grits Fresh Fruit Milk Cal: 537 Sodium: 552	BBQ Pork Riblet Macaroni & Cheese Coleslaw Hamburger Bun Peach Cobbler Milk Diet - Hot Peaches Cal: 866 Sodium: 1215

Menus subject to change

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LifeStream Picnic Menu

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1	2	3
 <p>TRIO Community Meals</p> <p>Nourishment through compassionate care.</p>		Deviled Egg Salad Macaroni Salad California Vegetable Salad Hamburger Bun Fresh Fruit Milk Cal: 799 Sodium: 1392	Sliced Turkey Breast Provolone Cheese Lettuce/Tomato/Onion California Vegetable Salad Hoagie Bun <i>New!</i> Pineapple Cobbler Milk Diet - Hot Pineapples Cal: 632 Sodium: 1306	Tuna Salad Lettuce & Tomato Pineapple Tidbits Whole Wheat Bread (2) Nutty Buddy Bar Milk Cal: 610 Sodium: 704
6	7	8	9	10
Tzatziki Turkey Salad Marinated Zucchini Fruit Salad Pita Bread Sugar Cookie Milk Diet - Lorna Doone Cookies Cal: 830 Sodium: 887	Sliced Ham Swiss Cheese Lettuce & Tomato Apple Confetti Coleslaw Whole Wheat Bread (2) Oreo Cookies Milk Cal: 669 Sodium: 1341	Egg Salad Broccoli Salad Grape Juice Hamburger Bun Fresh Fruit Milk Cal: 739 Sodium: 982	Lemon Pepper Tuna Salad Lettuce & Tomato Potato Salad Multi-Grain Bread Lemon Bar Milk Diet - Vanilla Wafers Cal: 678 Sodium: 1170	Chicken Chef Salad Cucumber Salad Wheat Dinner Roll Fresh Fruit Milk Assorted Salad Dressing Cal: 573 Sodium: 616
13	14	15	16	17
Crab Salad Macaroni Salad Tossed Salad Saltine Crackers Fresh Fruit Milk Ranch Dressing Cal: 561 Sodium: 1170	Sliced Turkey Breast Swiss Cheese Spinach Salad Marinated Tuscany Salad Whole Grain Bread (2) Apple Cobbler Milk Diet - Hot Apple Slices Cal: 689 Sodium: 1287	Chicken Caesar Salad Green Pea Salad Wheat Dinner Roll Fresh Fruit Milk Cal: 747 Sodium: 981	Grilled Chicken Strips Lettuce & Tomato Black Bean Barley Salad Flour Tortilla Nutty Buddy Bar Milk Ranch Salad Dressing Cal: 711 Sodium: 748	Dill Egg Salad Lettuce & Tomato Pasta Salad Whole Wheat Bread (2) Chocolate Chip Cookie Milk Diet - Graham Crackers Cal: 802 Sodium: 628
20	21	22	23	24
Sliced Turkey Breast Swiss Cheese Lettuce & Tomato Pasta Salad Hamburger Bun Hot Spiced Fruit Milk Cal: 729 Sodium: 942	Lemon Pepper Tuna Salad Mixed Fruit Marinated Zucchini Whole Wheat Bread (2) Strawberry Gelatin Milk Diet - SF Gelatin Cal: 620 Sodium: 750	Chicken Chef Salad Black Bean Barley Salad Saltine Crackers Fresh Fruit Milk Assorted Salad Dressing Cal: 732 Sodium: 516	Ham Salad Garbanzo Bean Pasta Salad Apple Juice Saltine Crackers Fresh Fruit Milk Cal: 640 Sodium: 1534	Honey Mustard Chicken Salad Coleslaw Marinated Carrots Saltine Crackers Fudge Crème Cookie Milk Diet - Lorna Doone Cookies Cal: 854 Sodium: 925
27	28	29	30	31
Closed for Holiday	Yogurt Dill Chicken Salad Cucumber & Tomato Salad Green Pea Salad Whole Grain Bread (2) Rice Krispie Treat Milk Cal: 630 Sodium: 774	Crab Salad Pasta Salad Tossed Salad Saltine Crackers Chocolate Cake Milk Ranch Dressing Diet - Angel Food Cake Cal: 654 Sodium: 1101	BBQ Chicken Salad Carrot Raisin Salad Saltine Crackers Fresh Fruit Milk Cal: 544 Sodium: 710	Salami/Turkey Breast Swiss Cheese Lettuce & Tomato California Vegetable Salad Whole Wheat Bread (2) Peach Cobbler Milk Diet - Hot Peaches Cal: 647 Sodium: 1209

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