

# MERCER COUNTY NUTRITION LUNCHES

*April 2019*




Site: East Windsor Site Manager: Lorraine Tanguay Dining Area Phone: 609-443-3949

The Nutrition program continues to grow!

To make room for all participants, reserve your spot ahead of time.

If you cannot join us, make sure to cancel your reservation.

Thank you for your consideration.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>1</b> SALISBURY STEAK W/GRAVY JUICE MASHED POTATOES PEAS & PEARL ONIONS WHOLE WHEAT BREAD BROWNIE	<b>2</b> KIELBASA W/ SAUERKRAUT (GARNISH) & MUSTARD JUICE PIEROGIS MIXED VEGETABLES WHOLE WHEAT CLUB ROLL VANILLA PUDDING	<b>3</b> BREADED CHICKEN CUTLET W/HONEY MUSTARD SAUCE BEEF BARLEY SOUP POTATOES TRI-COLOR MEDLEY BUTTERNUT SQUASH PUMPERNICKEL/RYE SWIRL STRAWBERRY YOGURT	<b>4</b> BREADED PORK CHOP Without Gravy JUICE MASHED SWEET POTATOES SPINACH DINNER ROLL MANDARIN ORANGES	<b>5</b> OVEN BAKED FISH W/TARTAR SAUCE CORN CHOWDER CONFETTI RICE BROCCOLI RYE BREAD BANANA
<b>8</b> BEEF CHILI W/ BEANS JUICE BROWN/WILD RICE BLEND CARROT COINS PUMPERNICKEL BREAD BLACK & WHITE COOKIE	<b>9 <i>SUPER TUESDAY</i></b> A SALAD WITH CHICKEN STRIPS, ROMAINE LETTUCE, TOMATO, SHREDDED CARROTS & ITALIAN DRESSING SPLIT PEA W/HAM SUN CHIPS DINNER ROLL FRESH TANGERINE	<b>10 <i>Birthday Celebration Menu</i></b> HOT DOGS (2) W/ MUSTARD, RELISH & KETCHUP JUICE BAKED BEANS COLESLAW WHOLE WHEAT HOTDOG BUNS (2) OATMEAL COOKIE	<b>11</b> CHICKEN POT PIE JUICE GARDEN SALAD W/ TOMATOES & CUCUMBERS WRANCH DRESSING CORN MUFFIN APPLE SLICES	<b>12 <i>Volunteer Recognition Day</i></b> CRAB CAKES W/TARTAR SAUCE LENTIL SOUP MACARONI & CHEESE STEWED TOMATOES WHOLE WHEAT HAMBURGER BUN FRUIT COCKTAIL
<b>15</b> <i>COLD</i>  <i>BOXED</i>  <i>MEAL</i>	<b>16 <i>Advisory Council Meeting @ John O Wilson</i></b> MEATBALLS W/TOMATO SAUCE PARMESAN CHEESE JUICE PENNE PASTAW/MARINARA SAUCE BRUSSEL SPROUTS ITALIAN BREAD DICED PEACHES	<b>17</b> CHICKEN CORDON BLEU W/HAM & SWISS CHEESE, GRAVY ON THE SIDE JUICE MASHED POTATOES WINTER BLEND VEGETABLES WHOLE WHEAT BREAD ICE CREAM DIXIE CUP	<b>18</b> LOW SALT HAM VEGETARIAN VEGETABLE SOUP SCALLOPED POTATOES CAULIFLOWER WHOLE WHEAT DINNER ROLL PINEAPPLE TIDBITS	<b>19</b> <i>Good Friday</i>  <b>The Nutrition Program is CLOSED</b>
<b>22 <i>Easter Brunch Celebration</i></b> OMELET W/SALSA JUICE SAUSAGE PATTY (2) HASH BROWN POTATOES W/KETCHUP (2) RYE BREAD GRANOLA BAR	<b>23</b> BEEF & BROCCOLI W/TERIYAKI SAUCE JUICE BROWN RICE W/TERIYAKI SAUCE ORIENTAL VEGETABLES PUMPERNICKEL BREAD CHOCOLATE PUDDING	<b>24</b> ITALIAN SAUSAGE NAVY BEAN SOUP TATER TOTS W/KETCHUP PEPPERS & ONIONS W/ MARINARA SAUCE CLUB ROLL ORANGE SHERBET	<b>25</b> STUFFED CABBAGE JUICE RED ROASTED POTATOES SPINACH SALAD W/BALSAMIC VINAIGRETTE WHOLE WHEAT BREAD JELLO	<b>26 <i>ARBOR DAY</i></b> TUNA SALAD ON LETTUCE LEAF TURKEY VEGETABLE SOUP MACARONI SALAD STRING BEAN SALAD (2) Slices RYE BREAD GRAHAM CRACKERS
<b>29</b> (2) BEEF STUFFED SOFT TACOS W/SHREDDED CHEDDAR CHEESE JUICE RICE W/BEANS SHREDDED LETTUCE & TOMATO SOFT TACO SHELL OREO COOKIES	<b>30</b> <b>COLD BOXED LUNCH</b>  SITE MANAGER MEETING	 <b>VOLUNTEERS NEEDED</b>	DAILY MEAL INCLUDES: MILK, MARGARINE AND HOT BEVERAGE  MENU IS SUBJECT TO CHANGE WITHOUT NOTICE	BRIAN M. HUGHES COUNTY EXECUTIVE 