

MERCER COUNTY NUTRITION LUNCHES

August 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
<p>BRIAN M. HUGHES COUNTY EXECUTIVE</p> 	<p>DAILY MEAL INCLUDES: MILK, MARGARINE AND HOT BEVERAGE</p> <p>MENU IS SUBJECT TO CHANGE WITHOUT NOTICE</p>		<p>1</p> <p>BBQ RIBLET W/BBQ SAUCE</p> <p>JUICE</p> <p>WILD RICE & BROWN RICE BLEND</p> <p>BRUSSEL SPROUTS</p> <p>WHOLE WHEAT BREAD</p> <p>MANDARIN ORANGES</p>	<p>2</p> <p>CHICKEN BREAST W/MANGO SALSA</p> <p>LENTIL SOUP</p> <p>POTATOES AU GRATIN</p> <p>FLAT GREEN BEANS</p> <p>PUMPERNICKEL BREAD</p> <p>GRAHAM CRACKERS</p>
<p>5</p> <p>BURGER (beef) W/ LETTUCE, AMERICAN CHEESE AND KETCHUP & MAYO</p> <p>JUICE</p> <p>TATER TOTS W/KETCHUP</p> <p>TOMATO SLICE FOR BURGER</p> <p>WHOLE WHEAT BURGER BUN</p> <p>FRESH PEACH</p>	<p>6</p> <p>TUNA SALAD ON LETTUCE LEAF W/MAYO PACKET</p> <p>TURKEY RICE SOUP</p> <p>THREE-BEAN SALAD</p> <p>COLESLAW</p> <p>RYE BREAD (2)</p> <p>OREO COOKIE</p>	<p>7</p> <p>SLICED BEEF TIPS W/BROWN GRAVY</p> <p>JUICE</p> <p>WIDE NOODLES</p> <p>MIXED VEGETABLES</p> <p>WHOLE WHEAT BREAD</p> <p>FRUIT COCKTAIL</p>	<p>8</p> <p>CHICKEN CORDON BLEU W/HAM & SWISS CHEESE, GRAVY ON THE SIDE</p> <p>JUICE</p> <p>TRI-COLORED POTATO MEDLEY</p> <p>GREEN BEANS</p> <p>DINNER ROLL</p> <p>JELL-O</p>	<p>9</p> <p>STUFFED PEPPERS W/TOMATO SAUCE</p> <p>CHICKEN VEGETABLE SOUP</p> <p>MASHED POTATOES</p> <p>BROCCOLI & CAULIFLOWER</p> <p>RYE BREAD</p> <p>STRAWBERRY YOGURT</p>
<p>12</p> <p>SWEDISH MEATBALLS</p> <p>JUICE</p> <p>EGG NOODLES</p> <p>BUTTERNUT SQUASH</p> <p>WHOLE WHEAT BREAD</p> <p>CHOCOLATE CHIP COOKIES</p>	<p>13 SUPER TUESDAY (soup & sandwich)</p> <p>(RUBEN) WARM TURKEY PASTRAMI W/SWISS CHEESE, SAUERKRAUT & RUSSIAN DRESSING</p> <p>NAVY BEAN SOUP</p> <p>MACARONI SALAD</p> <p>CARROT COINS</p> <p>CLUB ROLL</p> <p>ICE CREAM SANDWICH</p>	<p>14</p> <p>CHICKEN A LA KING</p> <p>JUICE</p> <p>CONFETTI RICE</p> <p>SEASONED ZUCCHINI SLICES</p> <p>PUMPERNICKEL BREAD</p> <p>VANILLA PUDDING</p>	<p>15</p> <p>MEATLOAF W/GRAVY</p> <p>MINESTRONE SOUP</p> <p>ROASTED RED POTATOES</p> <p>BROCCOLI</p> <p>DINNER ROLL</p> <p>DICED PEARS</p>	<p>16</p> <p>CRAB CAKE W/TARTAR SAUCE</p> <p>JUICE</p> <p>MACARONI & CHEESE</p> <p>STEWED TOMATOES</p> <p>RYE BREAD</p> <p>FIG BAR</p>
<p>19</p> <p>CHICKEN TETRAZZINI</p> <p>JUICE</p> <p>FLAT NOODLES</p> <p>PEAS & PEARL ONIONS</p> <p>WHOLE WHEAT BREAD</p> <p>FRESH NECTARINE</p>	<p>20 Advisory Council Meeting Hopewell Senior Center</p> <p>CHOPPED GRILLED CHICKEN AND PENNE PASTA IN AN ALFREDO SAUCE AND PARMESAN CHEESE</p> <p>MINESTRONE SOUP</p> <p>CAESAR SALAD W/ CROUTONS, PARMESAN CHEESE & LITE CAESAR DRESSING</p> <p>ITALIAN BREAD</p> <p>OATMEAL COOKIE</p>	<p>21</p> <p>KIELBASA W/MUSTARD</p> <p>JUICE</p> <p>BAKED BEANS</p> <p>SAUERKRAUT</p> <p>CLUB ROLL</p> <p>FRESH TANGERINE</p>	<p>22</p> <p>CHICKEN MARSALA</p> <p>JUICE</p> <p>MASHED SWEET POTATOES</p> <p>SPINACH</p> <p>RYE BREAD</p> <p>RICE PUDDING</p>	<p>23 FITNESS FRIDAY</p> <p>WHEAT WRAP W/ ROASTED TURKEY, PROVOLONE CHEESE, AND LETTUCE W/MAYO</p> <p>SPLIT PEA W/HAM SOUP</p> <p>SUN CHIPS</p> <p>TOMATO, CUCUMBER AND ONION SALAD W/ DRESSING</p> <p>FRESH PLUM</p>
<p>26</p> <p>WESTERN OMELET W/ KETCHUP</p> <p>JUICE</p> <p>SAUSAGE PATTY</p> <p>HASH BROWN POTATOES W/KETCHUP</p> <p>RYE BREAD</p> <p>GRANOLA BAR</p>	<p>27</p> <p>COLD BOXED LUNCH</p>  <p>SITE MANAGER MEETING</p>	<p>28 OAHU FEAST</p> <p>LOW-SALT HAM W/PINEAPPLE SALSA</p> <p>LEMONADE</p> <p>SEASONED POTATOES</p> <p>ORIENTAL VEGETABLE BLEND</p> <p>PUMPERNICKEL/RYE SWIRL BREAD</p> <p>COCONUT CUSTARD PIE</p>	<p>29 MAUI SPECIAL</p> <p>SLICED ROAST PORK W/BROWN GRAVY</p> <p>JUICE</p> <p>SWEET POTATO CHUNKS</p> <p>SNAP PEAS</p> <p>DINNER ROLL</p> <p>APPLE SLICES</p>	<p>30 HAWAIIAN LUAU</p>  <p>CHEESY CHICKEN ENCHILADA</p> <p>SEASONED CHICKEN, ONIONS, AND SHREDDED CHEESE</p> <p>CORN CHOWDER</p> <p>BEANS & RICE</p> <p>SALSA</p> <p>(2) SOFT TORTILLAS</p> <p>VANILLA ICE CREAM W/PINEAPPLE TIDBITS</p>

