

MERCER COUNTY NUTRITION LUNCHES

JUNE 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
3 CHICKEN W/MARSALA SAUCE JUICE MASHED POTATOES GREEN BEANS WHOLE WHEAT BREAD SUGAR FREE APPLESAUCE	4 Int'l. Cheese Day TURKEY AND PROVOLONE W/MAYO & MUSTARD TURKEY RICE SOUP PASTA SALAD LETTUCE & TOMATO CLUB ROLL GRAHAM CRACKERS	5 BBQ RIBLET W/BBQ SAUCE JUICE SWEET POTATO CHUNKS RED CABBAGE DINNER ROLL MANDARIN ORANGE	6 CHICKEN FRANCAISE NAVY BEAN SOUP RED SKIN WEDGE POTATOES MIXED VEGETABLE RYE BREAD OREO COOKIES	7 COLD BOXED LUNCH
10 BROCCOLI & CHEESE STUFFED CHICKEN JUICE TRI-COLOR ROASTED POTATOES CAULIFLOWER RYE BREAD FRESH PEAR	11 Super Tuesday EGG SALAD W/LETTUCE LEAF W/ EXTRA MAYO PACKET CHICKEN VEGETABLE SOUP POTATO SALAD BROCCOLI SALAD (2) SLICES OF RYE BREAD AND PUMPERNICKEL SWIRL GRANOLA BAR	12 CHICKEN PARMESAN W/MOZZARELLA CHEESE, TOMATO SAUCE & PARMESAN CHEESE JUICE PENNE W/TOMATO SAUCE ITALIAN FLAT GREEN BEANS ITALIAN BREAD FRESH TANGERINE	13 Multicultural Menu KIELBASA W/MUSTARD JUICE PIEROGI SAUERKRAUT CLUB ROLL FIG BAR	14 Flag Day ROASTED TURKEY W/GRAVY CORN CHOWDER CONFETTI RICE SNAP PEAS WHOLE WHEAT BREAD VANILLA ICE CREAM W/ FRESH BLUEBERRIES
17 Father's Day Brunch WESTERN OMELET W/(2) KETCHUP PACKETS ORANGE JUICE SAUSAGE (pork) LINKS HASH BROWN W/(2) KETCHUP PACKETS WHOLE WHEAT BREAD FRUIT COCKTAIL	19 Int'l. Picnic Day & Advisory Council @ Robbinsville (2) BEEF HOTDOGS W/ (2) EACH OF THE: KETCHUP, MUSTARD & RELISH JUICE BAKED BEANS TOMATO, CUCUMBER & ONION SALAD (2) HOTDOG BUNS PIE	20 MEAT (beef) LASAGNA W/TOMATO SAUCE & PARMESAN CHEESE BEEF & BARLEY SOUP CORN W/GREEN & RED PEPPERS SPINACH SALAD W/ DRIED CRANBERRIES & LITE VINAIGRETTE ITALIAN BREAD JELLO	20 ITALIAN "SUB" W/ HAM, SALAMI, CHEESE & MAYO JUICE INDIVIDUAL POTATO CHIP BAGS SHREDDED LETTUCE & TOMATO SLICE CLUB ROLL CHOCOLATE CHIP CRÈME COOKIE	21 CRAB CAKE W/ TARTAR SAUCE LENTIL SOUP MACARONI & CHEESE STEWED TOMATOES WHOLE WHEAT HAMBURGER BUN OATMEAL COOKIE
24 STUFFED PEPPER W/TOMATO SAUCE JUICE MASHED POTATOES GREEN BEANS RYE BREAD APPLE SLICES	25 BREADED PORK (No Gravy) TURKEY RICE SOUP TATER TOTS W/KETCHUP MIXED VEGETABLES PUMPERNICKEL BREAD TAPIOCA PUDDING	26 MEATBALLS W/ TOMATO SAUCE & PARMESAN CHEESE JUICE SPAGHETTI W/MARINARA SAUCE ITALIAN VEGETABLES ITALIAN BREAD BROWNIE	27 LOW SALT HAM W/PINEAPPLE SALSA SPLIT PEAS SOUP SWEET POTATO CHUNKS SEASONED ZUCCHINI SLICES WHOLE WHEAT BREAD ICE CREAM SANDWICH	28 "Healthwise" CHICKEN BREAST W/ MANGO SALSA JUICE WILD & BROWN RICE BLEND BROCCOLI RYE BREAD FRESH PLUM
 BRIAN M. HUGHES COUNTY EXECUTIVE	DAILY MEAL INCLUDES: MILK, MARGARINE AND HOT BEVERAGE MENU IS SUBJECT TO CHANGE WITHOUT NOTICE			