

MERCER COUNTY NUTRITION LUNCHES

May 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>OLDER AMERICAN'S MONTH</p> 	<p>1 CHICKEN CORDON BLEU</p> <p>JUICE</p> <p>WILD RICE</p> <p>SWEET BABY CARROTS</p> <p>PUMPERNICKEL BREAD</p> <p>DICED PEACHES</p>	<p>2 <i>Super Thursday</i></p> <p>POT ROAST (beef)</p> <p>JUICE</p> <p>TRI-COLOR ROASTED POTATOES</p> <p>DICED BUTTERNUT SQUASH</p> <p>WHOLE WHEAT BREAD</p> <p>FIG BAR</p>	<p>3 EGG SALAD W/LETTUCE LEAF</p> <p>CHICKEN RICE SOUP</p> <p>MACARONI SALAD</p> <p>BROCCOLI SALAD</p> <p>(2) SLICES RYE BREAD</p> <p>GRANOLA BAR</p>
<p>6 <i>Cinco de Mayo</i></p>  <p>CHICKEN TACOS (Chicken, Salsa, Shredded Lettuce, & Shredded Cheese)</p> <p>CORN CHOWDER</p> <p>SPANISH RICE & BEANS</p> <p>(2) SOFT TORTILLAS MANDARIN ORANGES</p>	<p>7 BEEF & BROCCOLI W/TERIYAKI SAUCE</p> <p>JUICE</p> <p>BROWN RICE W/TERIYAKI SAUCE</p> <p>ORIENTAL VEGETABLES</p> <p>WHOLE WHEAT BREAD BLACK & WHITE COOKIE</p>	<p>8 LOW SALT HAM & SWISS CHEESE SANDWICH</p> <p>JUICE</p> <p>SPIRAL PASTA SALAD VINAIGRETTE</p> <p>COLESLAW</p> <p>(2) SLICES RYE BREAD</p> <p>PINEAPPLE CHUCKS</p>	<p>9 CHICKEN MARSALA</p> <p>JUICE</p> <p>MASHED POTATOES</p> <p>PEAS</p> <p>WHOLE WHEAT DINNER ROLL</p> <p>BROWNIE</p>	<p>10 <u>COLD</u></p> <p><u>BOXED</u></p> <p><u>LUNCH</u></p>
<p>13 <i>Mother's Day Brunch</i></p>  <p>WESTERN OMELET W/KETCHUP</p> <p>JUICE</p> <p>SAUSAGE PATTY</p> <p>(2) HASH BROWN W/KETCHUP</p> <p>CORN MUFFIN FRESH APPLE SLICES</p>	<p>14 BBQ GRILLED CHICKEN BREAST</p> <p>JUICE</p> <p>CONFETTI RICE</p> <p>BROCCOLI</p> <p>WHOLE WHEAT BREAD</p> <p>PIE</p>	<p>15 <i>Natl. Chocolate Chip Day</i></p> <p>A SALAD WITH CHOPPED TURKEY & PROVOLONE CHEESE, ROMAINE LETTUCE, CROUTONS, DRIED CRANBERRIES AND CUCUMBER SLICES W/ BALSAMIC VINAIGRETTE</p> <p>MINISTRONE SOUP SUN CHIPS WHOLE WHEAT DINNER ROLL CHOCOLATE CHIP COOKIES</p>	<p>16 <i>Birthday Celebration Menu</i></p> <p>KIELBASA (pork) W/MUSTARD PACKET</p> <p>JUICE</p> <p>MASHED POTATOES</p> <p>SAUERKRAUT</p> <p>RYE/PUMPERNICKEL SWIRL BREAD</p> <p>OREO COOKIES</p>	<p>17 <i>Natl. Pizza Party Day</i></p> <p>PIZZA W/PEPPERONI</p> <p>JUICE</p> <p>THREE BEAN SALAD</p> <p>BEET & ONION SALAD</p> <p>ICE CREAM DIXIE CUP</p>
<p>20 <i>Multicultural Meal</i></p> <p>MEATBALLS (beef) W/TOMATO SAUCE AND PARMESAN CHEESE</p> <p>JUICE</p> <p>SPAGHETTI W/MARINARA SAUCE</p> <p>PEAS & ONIONS</p> <p>ITALIAN BREAD FRUIT COCKTAIL</p>	<p>21 <i>Advisory Council @ Jennye Stubblefield</i></p> <p>BREADED PORK CHOP</p> <p>SPLIT PEA & HAM SOUP</p> <p>SWEET POTATO CHUNKS</p> <p>GREEN BEANS</p> <p>WHOLE WHEAT BREAD CHOCOLATE PUDDING</p>	<p>22 CHICKEN CHOW MEIN W/VEGETABLES AND SAUCE</p> <p>JUICE</p> <p>CHOW MEIN NOODLES W/SAUCE</p> <p>RYE BREAD</p> <p>ORANGE SHERBET</p>	<p>23 SWEET ITALIAN (pork) SAUSAGE W/TOMATO SAUCE</p> <p>NAVY BEAN SOUP</p> <p>ROASTED RED POTATOES</p> <p>PEPPERS & ONIONS</p> <p>CLUB ROLL</p> <p>OATMEAL COOKIE</p>	<p>24 CRAB CAKES W/TARTAR SAUCE</p> <p>JUICE</p> <p>MACARONI & CHEESE</p> <p>STEW TOMATOES</p> <p>PUMPERNICKEL BREAD</p> <p>STRAWBERRY YOGURT</p>
<p>27 MEMORIAL DAY NUTRITION SITES CLOSED</p> 	<p>28 HAMBURGER (beef) W/AMERICAN CHEESE AND KETCHUP & MAYO PACKET</p> <p>TURKEY VEGETABLE SOUP</p> <p>BAKED BEANS</p> <p>LETTUCE, TOMATO, & ONION</p> <p>HAMBURGER BUN</p> <p>FRESH TANGERINE</p>	<p>29 <i>National Senior Health & Fitness Day</i> http://www.fitnessday.com/ senior/</p> <p>HONEY MUSTARD COOKED CHICKEN BREAST</p> <p>JUICE</p> <p>PENNE W/ GARLIC & PARMESAN CHEESE</p> <p>ZUCCHINI SLICES SAUTÉED</p> <p>WHOLE WHEAT BREAD BLUEBERRIES</p>	<p>30 SALISBURY STEAK (beef) W/GRAVY</p> <p>LENTIL SOUP</p> <p>MASHED POTATOES</p> <p>GREEN BEANS</p> <p>DINNER ROLL</p> <p>RICE PUDDING</p>	<p>31 FRIED CHICKEN BREAST</p> <p>JUICE</p> <p>TATER TOTS W/KETCHUP</p> <p>MIXED VEGETABLES</p> <p>RYE BREAD</p> <p>ICE CREAM SANDWICH</p>

