

September 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>2</p>  <p>LABOR DAY</p> <p>NUTRITION SITES CLOSED</p>	<p>3</p> <p>CHICKEN STUFFED W/CHEESE & BROCCOLI</p> <p>JUICE</p> <p>CONFETTI RICE</p> <p>CARROT COINS</p> <p>WHOLE WHEAT DINNER ROLL</p> <p>OATMEAL COOKIE</p>	<p>4</p> <p>SWEET ITALIAN SAUSAGE (pork) W/TOMATO SAUCE & PARMESAN CHEESE</p> <p>NAVY BEAN SOUP</p> <p>ROASTED POTATO TRI-COLOR BLEND</p> <p>PEPPERS & ONIONS</p> <p>CLUB ROLL</p> <p>PEAR HALVES</p>	<p>5</p> <p>ROASTED TURKEY W/GRAVY</p> <p>JUICE</p> <p>SWEET POTATO CHUCKS</p> <p>SEASONED ZUCCHINI SLICES</p> <p>RYE BREAD</p> <p>JELL-O</p>	<p>6</p> <p>CRAB CAKE W/TARTAR SAUCE</p> <p>MINESTRONE</p> <p>MACARONI AND CHEESE</p> <p>STEWED TOMATOES</p> <p>PUMPERNICKEL BREAD</p> <p>APPLE SLICES</p>
<p>9</p> <p>SALISBURY STEAK W/BROWN GRAVY</p> <p>JUICE</p> <p>MASHED POTATOES</p> <p>GREEN BEANS</p> <p>RYE BREAD</p> <p>BLACK & WHITE COOKIE</p>	<p>10</p> <p>CHICKEN SALAD ON LETTUCE LEAF W/MAYO PACKET</p> <p>CREAM OF MUSHROOM</p> <p>THREE-BEAN SALAD</p> <p>BROCCOLI SALAD</p> <p>RYE BREAD (2) SLICES</p> <p>GRANOLA BAR</p>	<p>11</p> <p>(2) SEASONED BEEF STUFFED SOFT TACOS W/SHREDDED CHEDDAR CHEESE</p> <p>JUICE</p> <p>RICE W/BEANS</p> <p>SHREDDED LETTUCE & TOMATO</p> <p>SOFT TACO SHELLS</p> <p>MANDARIN ORANGES</p>	<p>12 "HEALTHWISE"</p> <p>BAKED FISH W/TARTAR SAUCE</p> <p>JUICE</p> <p>BROWN/WILD RICE BLEND</p> <p>BRUSSEL SPROUTS</p> <p>MULTI-GRAIN BREAD</p> <p>PINEAPPLE CHUCKS</p>	<p>13</p> <p>ANNUAL MERCER COUNTY NUTRITION PICNIC!</p> 
<p>16</p> <p>CHICKEN FRANCAISE</p> <p>JUICE</p> <p>RED SKIN WEDGE POTATOES</p> <p>MIXED VEGETABLE</p> <p>RYE/PUMPERNICKEL SWIRL</p> <p>FIG BAR</p>	<p>17 <i>Super Tuesday</i></p> <p>TURKEY AND PROVOLONE W/MAYO & MUSTARD</p> <p>ROASTED CHICKEN VEGETABLE SOUP</p> <p>MACARONI SALAD</p> <p>LETTUCE & TOMATO</p> <p>CLUB ROLL</p> <p>BROWNIE</p>	<p>18</p> <p>MEATBALLS (beef) W/TOMATO SAUCE & PARMESAN CHEESE</p> <p>JUICE</p> <p>SPAGHETTI W/MARINARA SAUCE</p> <p>SPINACH</p> <p>ITALIAN BREAD</p> <p>FRESH TANGERINE</p>	<p>19</p> <p>BREADED PORK CHOP (NO GRAVY)</p> <p>JUICE</p> <p>SWEET MASHED POTATOES</p> <p>CAULIFLOWER FLORETTES</p> <p>WHOLE WHEAT BREAD</p> <p>DIXIE CUP ICE-CREAM</p>	<p>20 <i>Fitness Friday</i></p> <p>A SALAD WITH CHICKEN STRIPS, ROMAINE LETTUCE, TOMATO, SHREDDED CARROTS & LITE ITALIAN DRESSING</p> <p>TURKEY RICE SOUP</p> <p>SUN CHIPS</p> <p>DINNER ROLL</p> <p>FRUIT COCKTAIL</p>
<p>23</p> <p>FRIED CHICKEN</p> <p>VEGETARIAN VEGETABLE SOUP</p> <p>POTATO SALAD</p> <p>CUCUMBER & TOMATO SALAD</p> <p>PUMPERNICKEL BREAD</p> <p>OREO COOKIES</p>	<p>24</p> <p>BEEF STEW</p> <p>JUICE</p> <p>EGG NOODLES</p> <p>BROCCOLI</p> <p>RYE BREAD</p> <p>RASPBERRY SHERBET</p>	<p>25</p> <p>(2) TURKEY HOT DOGS W/KETCHUP, MUSTARD AND RELISH (2 EACH)</p> <p>JUICE</p> <p>BAKED BEANS</p> <p>CALIFORNIA COLESLAW</p> <p>HOT DOG BUNS (2)</p> <p>RICE PUDDING</p>	<p>26</p> <p>BEEF CHILI</p> <p>JUICE</p> <p>BROWN RICE</p> <p>PEAS & PEARL ONIONS</p> <p>GRAHAM CRACKERS</p>	<p>27</p> <p>EGGPLANT ROLLATINI W/TOMATO SAUCE</p> <p>ESCAROLE WHITE BEAN SOUP</p> <p>PENNE PASTA W/MARINARA SAUCE & PARMESAN CHEESE</p> <p>FLAT ITALIAN GREEN BEANS</p> <p>ITALIAN BREAD</p> <p>DICED PEACHES</p>
<p>30</p> <p>CHICKEN BREAST W/HICKORY BARBECUE SAUCE</p> <p>JUICE</p> <p>SCALLOPED POTATOES</p> <p>SNAP PEAS</p> <p>DINNER ROLL</p> <p>VANILLA PUDDING</p>		 <p align="center">9-11-01</p>	<p>DAILY MEAL INCLUDES: MILK, MARGARINE AND HOT BEVERAGE</p> <p>MENU IS SUBJECT TO CHANGE WITHOUT NOTICE</p>	 <p>BRIAN M. HUGHES COUNTY EXECUTIVE</p>