

MERCER COUNTY NUTRITION LUNCHES

December 2018

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>3</p> <p>FRIED CHICKEN THIGH</p> <p>LENTIL SOUP</p> <p>MASHED SWEET POTATOES</p> <p>CAULIFLOWER</p> <p>RYE BREAD</p> <p>CHOCOLATE PUDDING</p>	<p>4</p> <p>MEATBALLS W/TOMATO SAUCE W/PARMESAN CHEESE</p> <p>JUICE</p> <p>SPAGHETTI W/TOMATO SAUCE</p> <p>ITALIAN VEGETABLES</p> <p>ITALIAN BREAD</p> <p>VANILLA YOGURT</p>	<p>5</p> <p><i>Birthday Celebration Meal</i></p> <p>BEEF BURGER W/AMERICAN CHEESE, KETCHUP AND MAYO</p> <p>JUICE</p> <p>TATER TOTS W/KETCHUP</p> <p>LETTUCE, TOMATO, & ONION</p> <p>WHOLE WHEAT HAMBURGER BUN</p> <p>OREO COOKIES</p>	<p>6</p> <p><i>"HEALTHWISE"</i></p> <p>A SALAD WITH CHOPPED TURKEY & PROVOLONE CHEESE, ROMAINE LETTUCE, CROUTONS, DRIED CRANBERRIES AND CUCUMBER SLICES W/ BALSAMIC VINAIGRETTE</p> <p>VEGETARIAN SPLIT PEA SOUP</p> <p>SUN CHIPS</p> <p>MULTI-GRAIN BREAD</p> <p>FRUITED JELLO</p>	<p>7</p> <p>TOWNSHIP CELEBRATION</p> <p>NUTRITION CLOSED</p>
<p>10</p> <p>CHICKEN TERIYAKI W/BROCCOLI</p> <p>ROASTED CHICKEN VEGETABLE SOUP</p> <p>VEGETABLE FRIED RICE</p> <p>MIXED VEGETABLE</p> <p>PUMPERNICKEL BREAD</p> <p>MANDARIN ORANGES</p>	<p>11</p> <p>TOWNSHIP CELEBRATION</p> <p>NUTRITION CLOSED</p>	<p>12</p> <p>CHICKEN POT PIE</p> <p>JUICE</p> <p>STRING BEAN & KIDNEY BEAN SALAD</p> <p>GARDEN SALAD W/RANCH DRESSING</p> <p>BRAN MUFFIN</p> <p>CHOCOLATE CHIP COOKIES</p>	<p>13</p> <p>ITALIAN SAUSAGE W/TOMATO SAUCE</p> <p>JUICE</p> <p>RED ROASTED POTATOES</p> <p>PEPPERS & ONIONS</p> <p>CLUB ROLL</p> <p>CEREAL BAR</p>	<p>14</p> <p><i>Fitness Friday</i></p> <p>TUNA SALAD PLATTER W/ LETTUCE LEAF</p> <p>TURKEY RICE SOUP</p> <p>SPIRAL PASTA SALAD</p> <p>BEETS</p> <p>RYE BREAD (2 SLICES)</p> <p>GRANOLA BAR</p>
<p>17</p> <p>SIRLOIN BEEF TIPS W/ RED WINE BROWN GRAVY</p> <p>JUICE</p> <p>WIDE NOODLES</p> <p>SNAP PEAS</p> <p>RYE BREAD</p> <p>OATMEAL COOKIE</p>	<p>18</p> <p>CHICKEN TETRAZZINI</p> <p>JUICE</p> <p>EGG NOODLES</p> <p>BROCCOLI</p> <p>WHOLE WHEAT BREAD</p> <p>FRESH PEAR</p>	<p>19</p> <p><i>Advisory Council Holiday Meeting @ Lawrence Sr. Center</i></p> <p>CHICKEN PARMESAN W/TOMATO SAUCE AND PARMESAN CHEESE</p> <p>JUICE</p> <p>PENNE W/TOMATO SAUCE</p> <p>CARROT COINS</p> <p>WHOLE WHEAT BREAD</p> <p>RICE PUDDING</p>	<p>20</p> <p>KIELBASA W/MUSTARD</p> <p>JUICE</p> <p>BAKED BEANS</p> <p>SAUERKRAUT</p> <p>CLUB ROLL</p> <p>APPLE SLICES</p>	<p>21</p> <p>BREADED FISH W/TARTAR SAUCE</p> <p>MINESTRONE SOUP</p> <p>WILD & BROWN RICE BLEND</p> <p>BRUSSEL SPROUTS</p> <p>WHOLE WHEAT BUN</p> <p>GRAHAM CRACKERS</p>
<p>24</p> <p><i>Holiday Luncheon</i></p> <p>HONEY GLAZED BAKED HAM</p> <p>JUICE</p> <p>MACARONI & CHEESE</p> <p>GREEN BEANS</p> <p>CORN BREAD</p> <p>APPLE PIE</p>	<p>25</p> <p></p> <p>CHRISTMAS DAY NUTRITION SITES CLOSED</p>	<p>26</p> <p>STUFFED CHICKEN W/ BROCCOLI & CHEESE</p> <p>JUICE</p> <p>POTATO MEDLEY</p> <p>SLICED SEASONED ZUCCHINI</p> <p>RYE BREAD</p> <p>BLACK & WHITE COOKIE</p>	<p>27</p> <p>SALISBURY STEAK W/ GRAVY</p> <p>NAVY BEAN SOUP</p> <p>MASHED POTATOES</p> <p>WINTER BLEND VEGETABLES</p> <p>WHOLE WHEAT DINNER ROLL</p> <p>FRESH BANANA</p>	<p>28</p> <p>ROASTED TURKEY W/ GRAVY</p> <p>JUICE</p> <p>SWEET POTATO CHUNKS</p> <p>SPINACH</p> <p>WHOLE WHEAT BREAD</p> <p>SHORTBREAD COOKIES</p>
<p>31</p> <p><i>New Year's Eve Luncheon</i></p> <p>PORK LOIN W/ APPLE GRAVY</p> <p>JUICE</p> <p>STUFFING W/ CRANBERRIES</p> <p>PEAS & PEARL ONIONS</p> <p>WHOLE WHEAT DINNER ROLL</p> <p>POUND CAKE</p> <p></p>	<p>DAILY MEAL INCLUDES: MILK, MARGARINE AND HOT BEVERAGE</p> <p>MENU IS SUBJECT TO CHANGE WITHOUT NOTICE</p>	<p></p>	<p>Brian M. Hughes County Executive</p> <p></p>	<p><i>Wishing You and Your Family Happy Holidays and a Wonderful New Year!</i></p>

