

**MAY 2019**  
**Senior Center**  
**LUNCH PROGRAM**  
 1st Lunch: 11:00-11:45AM  
 2nd Lunch: 12:30-1:15PM




**Doors OPEN - 8:30am**  
**at the earliest.**  
**If arriving before 8:30AM**  
 Please wait in the Actor's  
 Chapel above senior center.



**BREAKFAST CART**  
**9AM TO 10AM**  
 \$.50 Coffee  
 Free Breakfast  
 Donated by  
 Community Restaurants

All Meals are prepared under strict  
 nutritional guidelines given by The  
 Department for the Aging (DFTA)

**Served with each lunch:**  
 Milk: 1% or low-fat milk  
 Whole Wheat Bread  
 Margarine: Trans Fat Free (TFF)  
 Coffee or Tea: If requested is \$.50  
**Coffee, Tea, & Soup**   
 are outside DFTA requirements

*Menu*  
*Information*  
 (NJ) In Natural Juice  
 (PW) Packed in Water  
 (SF) Sugar Free  
 (TFF) Trans Fat Free  
 (LS) Low Sodium  
 (LF) Low fat

Monday	Tuesday	Wednesday	Thursday	Friday
<i>PLEASE USE THE SUGGESTION BOX BY ASSISTANT DIRECTOR'S OFFICE TO LET US KNOW WHAT YOU WOULD LIKE TO SEE DIFFERENT ON THE MENU</i>	<i>POR FAVOR USE LA CAJA DE SUGERENCIAS PARA DEJARNOS SABER LO QUE TE GUSTARÍA VER DIFERENTE EN EL MENÚ</i>	1 <b>Beef Meatloaf</b> Brown Gravy Smashed Red Potatoes Steamed Carrots Orange Juice Pear	2 <b>Baked Breaded Chicken</b> Baked Macaroni & Cheese Sautéed Spinach Apple Juice Canned Pineapple	3 <b>Baked Fish w/ Cream Corn Sauce</b> California Blend Vegetables Yellow rice Orange Orange Pineapple juice
6 <b>Beef &amp; Broccoli</b> Brown Rice Oriental Blend Orange Pineapple Juice Pear	7 <b>Chicken Legs with Stewed Tomatoes</b> Baked Potatoes Steamed Kale Orange Juice Fruited Jello	8 <b>Stewed Pork Chops</b> Pasta Fagioli Steamed Broccoli Apple Juice Orange	9 <b>Cranberry Chicken</b> Corn Steamed Spinach Orange Pineapple Juice Strawberry and applesauce	10 <b>Baked Tilapia w/ Light Basil Cream Sauce</b> California Blend Vegetables Red Bliss Potatoes Kiwi Orange juice
13 <b>Hungarian Goulash w/ Beef</b> Egg Noodles Broccoli and Red Peppers Apple Orange Juice	14 <b>Arroz con Pollo</b> Chicken breast and rice Steamed Peas and Carrots Apple Juice Tapioca Pudding	15 <b>Beef Meatballs in Tomato Sauce</b> Spaghetti Italian Blend Vegetables Fruit Cocktail Orange Pineapple Juice	16 <b>Dijon Chicken</b> California Blend Vegetables Red Bliss Potatoes Orange Juice Fruited Jello	17 <b>Baked Breaded Fish</b> Tartar Sauce Pesto Pasta with Broccoli Prince Edward Blend Vegetables Apple juice Orange
20 <b>Stewed Beef</b> Smashed Red Potatoes Steamed Broccoli and Cauliflower Apple Juice Canned Pineapple	21 <b>Spanish Style Baked Chicken</b> Cuban Style Brown Rice Steamed Green Beans Apple Orange Pineapple Juice	22 <b>Beef Salisbury Steak w/ Mushroom Sauce</b> Penne Brussel Sprouts Orange Juice Sliced Peaches	23 <b>Baked Breaded Chicken</b> Baked Sweet Potato Beats and Baby carrots with Dill Apple Juice Pear	24 <b>Parmesan Baked Tilapia</b> Rice Pilaf Prince Edward Blend Vegetables Cantaloupe Orange Pineapple Juice
27 CENTER CLOSED 	28 <b>Oven Fried Chicken</b> Red Bliss potatoes Steamed Green Beans Applesauce Orange Juice	29 <b>Sofrito Steak</b> Brown Rice Carrots Apple Juice Banana	30 <b>BBQ Chicken Leg Quarters</b> Baked Potato Boiled Southern Greens Orange Juice Pear	31 <b>Baked Fish with Zucchini</b> Pasta with Sweet Peas Steamed Broccoli Orange Orange Pineapple Juice