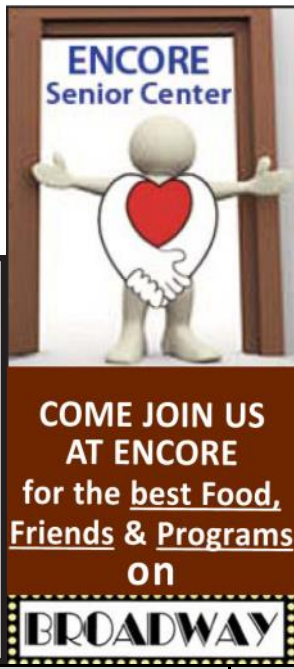


June 2019
Senior Center
LUNCH PROGRAM
 1st Lunch: 11:00-11:45AM
 2nd Lunch: 12:30-1:15PM



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

Menu Information

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



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

Monday	Tuesday	Wednesday	Thursday	Friday
3 Chili con Carne White Rice Steamed Peas & Carrots Apple Orange Juice	4 Brown Stew Chicken Collard Greens w/ Tomato Red Bliss Potatoes Pear Apple Juice	5 Jumbo Stuffed Shells w/ Meat Sauce Brussel Sprouts Italian Blend Veg Orange Orange Pineapple Juice	6 Baked Turkey Breast Mashed Sweet Potatoes Steamed Green Beans Orange Juice	7 Coconut Crusted Tilapia w/ Tartar Sauce Egg Barley w/ Mushrooms Baby carrots Sliced Peaches
10 Stewed Pork Chops Black Beans and Rice Broccoli & Red Peppers Sliced Peaches Apple Juice	11 Chicken Parmesan w/Homemade Tomato Sauce Spaghetti Italian Blend Vegetables Apple Orange Pineapple Juice	12 Beef Meatloaf w/ Brown Gravy Smashed Red Potatoes Steamed Carrots Pear Orange Juice	13 Baked Chicken Quarters Baked Macaroni and Cheese Sautéed Spinach Pineapple Apple Juice	14 Baked Tilapia w/ Cream Corn Sauce California Blend Vegetables Yellow Rice Orange
17 Beef & Broccoli Brown Rice Oriental Blend Orange Pineapple Juice Pear	18 Chicken Legs with Stewed Tomatoes Smashed Red Potatoes Steamed Kale Orange Juice Fruited Jello	19 Yankee Pot Roast Garlic & Rosemary Roasted Potatoes Steamed Carrots Orange Pineapple Juice Cake & Ice Cream 	20 Cranberry Chicken Corn Steamed Spinach Strawberry and Applesauce Orange Pineapple Juice	21 Baked Tilapia w/ Light Basil Cream Sauce California Blend Vegetables Red Bliss Potatoes Kiwi
24 Hungarian Goulash w/ Beef Egg Noodles Broccoli and Red Peppers Apple Orange Juice	25 Arroz con Pollo Chicken breast w/ Rice Steamed peas and Carrots Tapioca Pudding Apple Juice	26 Beef Meatballs in Tomato Sauce Spaghetti Italian Blend Vegetables Fruit Cocktail Orange Pineapple Juice	27 Dijon Chicken California Blend Vegetables Red Bliss Potatoes Orange Juice Fruited Jello	28 Baked Breaded Fish Tartar Sauce Pesto Pasta w/ Broccoli Prince Edward Blend Vegetables Orange

PLEASE USE THE SUGGESTION BOX BY ASSISTANT DIRECTOR'S OFFICE TO LET US KNOW WHAT YOU WOULD LIKE TO SEE DIFFERENT ON THE MENU

POR FAVOR USE LA CAJA DE SUGERENCIAS PARA DEJARNOS SABER LO QUE TE GUSTARÍA VER DIFERENTE EN EL MENÚ