

# September 2019 Senior Center Lunch Program

## Menu Information

1st Lunch: 11:00-11:45am 2nd Lunch: 12:30-1:15pm

BREAKFAST CART

(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)

Margarine: Trans Fat Free (TFF)  
Coffee or Tea: If requested is \$.50

Served with each lunch:  
Milk: 1% or low-fat milk  
Whole Wheat Bread

Coffee, Tea, & Soup are outside DFTA requirements

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

| Monday   | Tuesday   | Wednesday   | Thursday  | Friday  |
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| <b>2</b><br><b>Stewed Pork Chops</b><br>Black Beans & Rice<br>Broccoli and Red Peppers<br>Apple Juice<br>Sliced Peaches      | <b>3</b><br><b>Chicken Parmesan w/ Tomato Sauce</b><br>Spaghetti<br>Italian Blend vegetables<br>Orange Pineapple-Juice<br>Apple   | <b>4</b><br><b>Beef Meatloaf w/ Brown Gravy</b><br>Smashed Red Potatoes<br>Steamed Carrots<br>Orange Juice<br>Pear                      | <b>5</b><br><b>Baked Chicken Quarters</b><br>Baked Macaroni and cheese<br>Sauteed Spinach<br>Apple Juice<br>Canned Pineapple  | <b>6</b><br><b>Baked Fish w/ Cream Corn Sauce</b><br>Yellow rice<br>California Blend Vegetables<br>Orange Pineapple-Juice<br>Orange |
| <b>9</b><br><b>Beef and Broccoli</b><br>Brown Rice<br>Oriental Blend Vegetables<br>Orange Pineapple Juice<br>Pear            | <b>10</b><br><b>Chicken Legs w/ Stewed Tomatoes</b><br>Smashed Red Potatoes<br>Steamed Kale<br>Orange Juice                       | <b>11</b><br><b>Stewed Pork Chops</b><br>Pasta Fagioli<br>Steam Broccoli<br>Apple Juice<br>Orange                                       | <b>12</b><br><b>Cranberry Chicken</b><br>Corn<br>Steamed Spinach<br>Strawberry/ applesauce<br>orange Pineapple Juice          | <b>13</b><br><b>Baked Tilapia w/ Basil Cream Sauce</b><br>California Blend Vegetables<br>Red Bliss Potatoes<br>Orange Juice<br>Kiwi |
| <b>16</b><br><b>Hungarian Goulash w/ Beef</b><br>Egg Noodles<br>Broccoli and Red Peppers<br>Apple<br>Orange Juice            | <b>17</b><br><b>Arroz con Pollo Chicken Breast and Rice</b><br>Steamed Peas and Carrots<br>Tapioca Pudding<br>Apple Juice         | <b>18</b><br><b>Beef Meatballs in Tomato Sauce</b><br>Spaghetti<br>Italian Blend Vegetables<br>Orange Pineapple-Juice<br>Fruit Cocktail | <b>19</b><br><b>Dijon Chicken</b><br>California Blend Vegetables<br>Red Bliss Potatoes<br>Orange Juice<br>Fruited Jello       | <b>20</b><br><b>Baked Breaded Fish w/ Tartar Sauce</b><br>Pesto Pasta<br>Prince Edward Blend Vegetables<br>Apple Juice<br>Orange    |
| <b>23</b><br><b>Stewed Beef</b><br>Smashed Red Potatoes<br>Steam Broccoli and Cauliflower<br>Apple Juice<br>Canned Pineapple | <b>24</b><br><b>Spanish Style Baked Chicken</b><br>Cuban Style Brown Rice<br>Steam Green Beans<br>Orange Pineapple Juice<br>Apple | <b>25</b><br><b>Beef Salisbury Steak w/ Mushroom Sauce</b><br>Penne<br>Brussel Sprouts<br>Orange Juice<br>Sliced Canned Peaches         | <b>26</b><br><b>Baked Breaded Chicken Cutlet</b><br>Beets and Baby Carrots w/ Dill<br>Sweet Baked Yams<br>Apple Juice<br>Pear | <b>27</b><br><b>Parmesan Baked Tilapia</b><br>Rice Pilaf<br>Prince Edward Blend Vegetables<br>Orange Pineapple Juice<br>Cantaloupe  |
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