

October 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
	1 Baked Chicken Quarters Yellow Rice Broccoli and Red Peppers Apple Juice Tapioca Pudding	2 Beef Meatballs in Tomato Sauce Spaghetti Italian Blend Vegetables Orange Pineapple-Juice Fruit Cocktail	3 Dijon Chicken California Blend Vegetables Red Bliss Potatoes Orange Juice Fruited Jello	4 Baked Breaded Fish w/ Tartar Sauce Pesto Pasta Prince Edward Blend Vegetables Apple Juice Orange
7 Stewed Beef Smashed Red Potatoes Steam Broccoli and Cauliflower Apple Juice Orange	8 Chicken Parmesan Penne Mixed Green Salad Steamed Green Beans apple Orange Pineapple-Juice	9 Beef Salisbury Steak w/ Mushroom Sauce Mashed potatoes Sautéed Spinach Orange Juice Canned Peaches	10 Baked Breaded Chicken Cutlet Beets and Baby Carrots w/ Dill Sweet Baked Yams Apple Juice Pear	11 Parmesan Baked Tilapia Rice Pilaf Prince Edward Blend Vegetables Orange Pineapple Juice Cantaloupe
14 Columbus Day Senior Center Closed	15 Oven Fried Chicken Red Bliss Potatoes Broccoli and Red Peppers Applesauce Orange Juice	16 German Pot Roast Carrots Steam Green Beans Apple Juice Banana	17 BBQ Chicken Leg Quarters Red Bliss Potatoes Vegetable Mix Orange Juice Apple	18 Baked Fish w/ Zucchini Pasta w/ sweet Peas Steamed Broccoli Orange Orange Pineapple Juice
21 Chili con Carne White Rice Vegetable Mix Apple Orange Juice	22 Brown Stew Chicken Collard Greens w/ Tomato Red Bliss Potatoes Apple Juice Pear	23 Jumbo Stuffed Shells w/ Meat sauce Italian Blend Vegetables Mixed Green Salad Orange Pineapple Juice Orange	24 Baked Turkey-Breast Mashed Sweet Potatoes Steamed Green Beans Orange Juice Fruited Jello	25 Coconut Crusted Tilapia w/ Tartar Sauce Egg Barley w/ Mushrooms Baby Carrots Apple Juice Tangerine
28 Stewed Pork Chops Black Beans & Rice Sautéed String Beans Apple Juice Sliced Peaches	29 Chicken Parmesan w/ Tomato Sauce Spaghetti Italian Blend vegetables Orange Pineapple-Juice Apple	30 Beef Meatloaf w/ Brown Gravy Smashed Red Potatoes Steamed Carrots Orange Juice Pear	31 Baked Chicken Quarters Baked Macaroni and cheese Sautéed Spinach Apple Juice Canned Pineapple	1 Baked Fish w/ Creamed Corn Sauce Yellow Rice California blend Vegetables Orange Pineapple Juice Orange