

March 2020 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

Coffee, Tea, & Soup are outside DFTA requirements

9AM TO 10AM

Free Breakfast
Donated by
Community Restaurants

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

Monday	Tuesday	Wednesday	Thursday	Friday
2 Stewed Pork Chops Black Beans and Rice Sautéed String Beans Apple Juice Sliced Peaches	3 Chicken Parmesan Tomato Sauce Spaghetti Italian Blend Vegetables Apple Orange Pineapple Juice	4 Beef Meatloaf Brown Gravy Smashed Red Potatoes Steamed Carrots Orange Juice Pear	5 Baked Chicken Baked Macaroni and Cheese Sautéed Spinach Apple Juice Canned Pineapple	6 Baked Fish with Cream Corn Sauce Yellow Rice California Blend Vegetables Orange & Orange Pineapple Juice
9 Beef and Broccoli Brown Rice Oriental Blend Vegetables Orange Pineapple Juice Pear	10 Chicken Legs with Stewed Tomatoes Smashed Red Potatoes Steamed Kale Orange Juice Fruited Jello	11 Spaghetti with Meat Sauce Brussel Sprouts Steamed Broccoli Apple Juice Orange	12 Cranberry Chicken Corn Steamed Spinach Orange Pineapple Juice Strawberry and Applesauce	13 Baked Tilapia Light Basil Cream Sauce California Blend Vegetables Red Bliss Potatoes Kiwi Orange Juice
16 Baked Ziti with Meat Sauce Sautéed Spinach Steamed Carrots Apple Orange Juice	17 Corned Beef Boiled Potatoes Steamed Cabbage Apple Juice Tapioca Pudding	18 Baked Chicken Quarters Yellow Rice Broccoli and Red Peppers Fruit Cocktail Orange Pineapple Juice	19 Dijon Chicken California Blend Vegetables Red Bliss Potatoes Orange Juice Fruited Jello	20 Baked Breaded Fish with Tartar Sauce Pesto Pasta Prince Edward Blend Vegetables Apple Juice Orange
23 Stewed Beef Smashed Red Potatoes Steamed Broccoli and Cauliflower Apple Juice Orange	24 Chicken Parmesan Penne Steamed Green Beans Apple Orange Pineapple Juice	25 Beef Salisbury Steak with Mushroom Sauce Homemade Mashed Potatoes Sautéed Spinach Orange Juice Sliced Canned Peaches	26 Baked Breaded Chicken Cutlet Beets and Baby Carrots with Dill Sweet Baked Yams Apple Juice	27 Parmesan Baked Tilapia Rice Pilaf Prince Edward Blend Vegetables Cantaloupe Orange Pineapple Juice
30 Pasta with Meatballs California Blend Vegetables Apple Orange Pineapple Juice	31 Oven Fried Chicken Broccoli and Red Peppers Red Bliss Potatoes Applesauce Orange Juice			