



# MERCER COUNTY NUTRITION LUNCHES

July 2017

Center: Robbinsville Center Director: Renee Burns Center Phone: 609-259-1567

The Nutrition program continues to grow!  
 To make room for all participants, reserve your spot ahead of time.  
 If you cannot join us, make sure to cancel your reservation.  
 Thank you for your consideration.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>3 Fourth of July Special menu</b> HOT DOGS (2) W/KETCHUP, MUSTARD AND RELISH (2)  JUICE  BAKED BEANS COLESLAW  HOT DOG BUNS (2)  DIXIE CUP OF ICE CREAM	  <b>4 FOURTH OF JULY HOLIDAY</b>  <b>NUTRITION SITES CLOSED</b>	<b>5 BAKED ZITI W/MEAT SAUCE</b>  JUICE  BROCCOLI  ITALIAN BREAD  GRANOLA BAR	<b>6 CHICKEN TETRAZZINI</b>  JUICE  EGG NOODLES  PEAS & PEARL ONIONS  RYE BREAD  OATMEAL COOKIE	<b>7 "HEALTH WISE" MENU</b> POTATO CRUSTED FISH W/TARTAR SAUCE  CHICKEN CONSOMMÉ  VEGETABLE RICE  BRUSSEL SPROUTS  PUMPERNICKEL BREAD  NECTARINE
<b>10 Birthday Celebratory Menu</b>  MEATBALLS W/TOMATO SAUCE & PARMESAN CHEESE  JUICE  SPAGHETTI W/TOMATO SAUCE  GREEN BEANS  ITALIAN BREAD  POUND CAKE	<b>11 Super Tuesday (SOUP &amp; SANDWICH)</b> TUNA SALAD W/ LETTUCE LEAF & EXTRA MAYO PACKET  TURKEY RICE SOUP  CORN AND PEPPERS  TOMATO/CUCUMBER SALAD  RYE BREAD (2)  SLICED PEACHES	<b>12 PIZZA W/ PEPPERONI</b>  JUICE  THREE BEAN SALAD  BROCCOLI SALAD  FRUIT COCKTAIL	<b>13 STUFFED CHICKEN WITH BROCCOLI &amp; CHEESE</b>  JUICE  CONFETTI RICE  ITALIAN BLEND VEGETABLES  PUMPERNICKEL RYE SWIRL BREAD  MANDARIN ORANGES	<b>14 CRAB CAKE W/TARTAR SAUCE</b>  MANHATTAN CLAM CHOWDER  MACARONI & CHEESE  STEWED TOMATOES  DINNER ROLL  APPLE PIE
<b>17 CHICKEN POT PIE</b>  JUICE  SPINACH SALAD W/CARROTS, TOMATO & PARMESAN CHEESE LITE ITALIAN DRESSING  MUFFIN  STRAWBERRY YOGURT	<b>18 Advisory Council @ Robbinsville</b>  BREADED PORK CHOPS  JUICE  SWEET POTATO CHUNKS  PEAS  WHOLE WHEAT BREAD  ORANGE SHERBET	<b>19 CHICKEN SALAD W/LETTUCE LEAF &amp; EXTRA MAYO PACKET</b>  MINESTRONE SOUP  MACARONI SALAD  BEET & ONION SALAD  WHOLE WHEAT HAMBURGER BUN  RICE PUDDING	<b>20 LOW SALT HOT HAM</b>  JUICE  TATER TOTS W/KETCHUP  BUTTERNUT SQUASH  RYE BREAD  PINEAPPLE TIDBITS	<b>21 Fitness Friday</b> A SALAD WITH CHOPPED TURKEY & PROVOLONE CHEESE, ROMAINE LETTUCE, CROUTONS, DRIED CRANBERRIES AND CUCUMBER SLICES W/ BALSAMIC VINAIGRETTE  SPLIT PEA SOUP SUN CHIPS  DINNER ROLL JELLO
<b>24 CHICKEN PARMESAN W/MOZZARELLA CHEESE &amp; PARMESAN CHEESE</b>  LENTIL SOUP  PENNE W/TOMATO SAUCE  CARROT COINS  ITALIAN BREAD  CHOCOLATE CHIP CRÈME COOKIE	<b>25 SALISBURY STEAK W/BROWN GRAVY</b>  JUICE  RED POTATO WEDGES  FLAT ITALIAN GREEN BEANS  WHOLE WHEAT BREAD  ICE CREAM SANDWICH	<b>26 ITALIAN SAUSAGE W/TOMATO SAUCE &amp; PARMESAN CHEESE</b>  JUICE  POTATO SALAD  PEPPERS AND ONIONS  CLUB ROLL  APPLE SLICES	<b>27 BREADED CHICKEN PATTY W/MAYO &amp; KETCHUP &amp; LETTUCE LEAF</b>  JUICE  PENNE W/GARLIC AND PARMESAN CHEESE  TOMATO SLICES  WHOLE HAMBURGER BUN TANGERINE	<b>28 EGG SALAD W/ LETTUCE LEAF</b>  ROASTED CHICKEN VEGETABLE SOUP SPIRAL PASTA SALAD  SLICED TOMATO RYE BREAD (2)  LEMON BAR
<b>31 BEEF &amp; BROCCOLI W/TERIYAKI SAUCE</b>  JUICE  LO MEIN NOODLES W/TERIYAKI SAUCE  ORIENTAL VEGETABLES  RYE BREAD  BROWNIE	<b>BRIAN M. HUGHES COUNTY EXECUTIVE</b>  	DAILY MEAL INCLUDES: MILK, MARGARINE AND HOT BEVERAGE  MENU IS SUBJECT TO CHANGE WITHOUT NOTICE	<b>IT'S SUMMERTIME!</b>  <ul style="list-style-type: none"> <li>KEEP COOL!</li> <li>DON'T OVERDO ANY ACTIVITY!</li> </ul> <b>DRESS FOR THE WEATHER!</b>	<b>Remember to spend you farmer's market vouchers!</b>  <b>Jersey Fresh Fruits and Vegetables!</b>  