

# MERCER COUNTY NUTRITION LUNCHES

July 2018


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
<p>2</p> <p>BAKED ZITI W/MEAT SAUCE</p> <p>JUICE</p> <p>BROCCOLI</p> <p>ITALIAN BREAD</p> <p>GRANOLA BAR</p>	<p>3 <b>Fourth of July Special menu</b></p> <p>HOT DOGS (2) W/(2each) KETCHUP, MUSTARD AND RELISH</p> <p>JUICE</p> <p>BAKED BEANS</p> <p>COLESLAW</p> <p>HOT DOG BUNS (2)</p> <p>DIXIE CUP OF ICE CREAM</p>	<p>4</p>  <p><b>FOURTH OF JULY HOLIDAY</b></p> <p><b>NUTRITION SITES CLOSED</b></p>	<p>5</p> <p>CHICKEN TETRAZZINI</p> <p>JUICE</p> <p>EGG NOODLES</p> <p>PEAS &amp; PEARL ONIONS</p> <p>RYE BREAD</p> <p>OATMEAL COOKIE</p>	<p>6</p> <p>BAKED FISH W/TARTAR SAUCE</p> <p>BEEF &amp; BARLEY SOUP</p> <p>VEGETABLE RICE</p> <p>BRUSSEL SPROUTS</p> <p>PUMPERNICKEL BREAD</p> <p>NECTARINE</p>
<p>9 <b>Birthday Celebratory Menu</b></p> <p>MEATBALLS W/TOMATO SAUCE &amp; PARMESAN CHEESE</p> <p>JUICE</p> <p>SPAGHETTI W/TOMATO SAUCE</p> <p>GREEN BEANS</p> <p>ITALIAN BREAD</p> <p>BLACK &amp; WHITE COOKIES</p>	<p>10 <b>Super Tuesday</b> (SOUP &amp; SANDWICH)</p> <p>TUNA SALAD W/ LETTUCE LEAF &amp; EXTRA MAYO PACKET</p> <p>TURKEY RICE SOUP</p> <p>CORN AND PEPPERS</p> <p>TOMATO/CUCUMBER SALAD</p> <p>RYE BREAD (2)</p> <p>SLICED PEACHES</p>	<p>11</p> <p>PIZZA W/ PEPPERONI</p> <p>JUICE</p> <p>THREE BEAN SALAD</p> <p>BROCCOLI SALAD</p> <p>FRUIT COCKTAIL</p>	<p>12</p> <p>STUFFED CHICKEN WITH BROCCOLI &amp; CHEESE</p> <p>JUICE</p> <p>CONFETTI RICE</p> <p>ITALIAN BLEND VEGETABLES</p> <p>PUMPERNICKEL RYE SWIRL BREAD</p> <p>MANDARIN ORANGES</p>	<p>13</p>  <p>CRAB CAKE W/TARTAR SAUCE</p> <p>MANHATTAN CLAM CHOWDER</p> <p>MACARONI &amp; CHEESE</p> <p>STEWED TOMATOES</p> <p>DINNER ROLL</p> <p>FRESH APPLE</p>
<p>16</p> <p>ROASTED TURKEY W/GRAVY</p> <p>JUICE</p> <p>SWEET POTATO CHUNKS</p> <p>CARROT COINS</p> <p>WHOLE WHEAT BREAD</p> <p>ORANGE SHERBET</p>	<p>17 <b>Advisory Council @ East Windsor</b></p> <p>CHICKEN PARMESAN W/MOZZARELLA CHEESE, TOMATO SAUCE &amp; PARMESAN CHEESE</p> <p>JUICE</p> <p>SPAGHETTI W/TOMATO SAUCE</p> <p>SAUTEED ZUCCHINI SLICES</p> <p>ITALIAN BREAD</p> <p>CHOCOLATE PUDDING</p>	<p>18</p> <p>CHICKEN SALAD W/LETTUCE LEAF &amp; EXTRA MAYO PACKET</p> <p>MINISTRONE SOUP</p> <p>MACARONI SALAD</p> <p>BEEF &amp; ONION SALAD</p> <p>WHOLE WHEAT HAMBURGER BUN</p> <p>BANANA</p>	<p>19</p> <p>LOW SALT HOT HAM</p> <p>JUICE</p> <p>TATER TOTS W/KETCHUP</p> <p>BUTTERNUT SQUASH</p> <p>RYE BREAD</p> <p>PINEAPPLE TIDBITS</p>	<p>20 <b>Fitness Friday</b></p> <p>A SALAD WITH CHOPPED TURKEY &amp; PROVOLONE CHEESE, ROMAINE LETTUCE, CROUTONS, DRIED CRANBERRIES AND CUCUMBER SLICES W/ BALSAMIC VINAIGRETTE</p> <p>SPLIT PEA SOUP</p> <p>SUN CHIPS</p> <p>DINNER ROLL</p> <p>JELLO</p>
<p>23</p> <p>BREADED CHICKEN PATTY W/ MAYO &amp; KETCHUP &amp; LETTUCE LEAF</p> <p>JUICE</p> <p>PENNE W/GARLIC AND PARMESAN CHEESE</p> <p>TOMATO SLICES</p> <p>WHOLE HAMBURGER BUN</p> <p>TANGERINE</p>	<p>24</p> <p>SALISBURY STEAK W/BROWN GRAVY</p> <p>JUICE</p> <p>RED POTATO WEDGES</p> <p>FLAT ITALIAN GREEN BEANS</p> <p>WHOLE WHEAT BREAD</p> <p>ICE CREAM SANDWICH</p>	<p>25</p> <p>ITALIAN SAUSAGE W/TOMATO SAUCE &amp; PARMESAN CHEESE</p> <p>JUICE</p> <p>POTATO SALAD</p> <p>PEPPERS AND ONIONS</p> <p>CLUB ROLL</p> <p>GRAHAM CRACKERS</p>	<p>26</p> <p>ITALIAN "SUB" W/ HAM, SALAMI, CHEESE &amp; MAYO</p> <p>JUICE</p> <p>INDIVIDUAL POTATO CHIP BAGS</p> <p>SHREDDED LETTUCE &amp; TOMATO SLICE</p> <p>CLUB ROLL</p> <p>CHOCOLATE CHIP</p> <p>CRÈME COOKIE</p>	<p>27</p> <p>EGG SALAD W/ LETTUCE LEAF</p> <p>ROASTED CHICKEN</p> <p>VEGETABLE SOUP</p> <p>SPIRAL PASTA SALAD</p> <p>SLICED TOMATO</p> <p>RYE BREAD (2)</p> <p>RICE PUDDING</p>
<p>30</p> <p>BEEF &amp; BROCCOLI W/TERIYAKI SAUCE</p> <p>JUICE</p> <p>LO MEIN NOODLES W/TERIYAKI SAUCE</p> <p>ORIENTAL VEGETABLES</p> <p>RYE BREAD</p> <p>BROWNIE</p>	<p>31</p> <p>CHICKEN POT PIE</p> <p>JUICE</p> <p>SPINACH SALAD W/CARROTS, TOMATO &amp; PARMESAN CHEESE</p> <p>LITE ITALIAN DRESSING</p> <p>MUFFIN</p> <p>STRAWBERRY YOGURT</p>	 <p><b>BRIAN M. HUGHES</b></p> <p><b>COUNTY EXECUTIVE</b></p>	<p>DAILY MEAL INCLUDES: MILK, MARGARINE AND HOT BEVERAGE</p> <p>MENU IS SUBJECT TO CHANGE WITHOUT NOTICE</p>	<p><b>Remember to spend you farmer's market vouchers!</b></p> <p><b>Jersey Fresh Fruits and Vegetables!</b></p> 