

MERCER COUNTY NUTRITION LUNCHES

September 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
<p>BRIAN M. HUGHES COUNTY EXECUTIVE</p> 	<p>DAILY MEAL INCLUDES: MILK, MARGARINE AND HOT BEVERAGE</p> <p>MENU IS SUBJECT TO CHANGE WITHOUT NOTICE</p>	 <p>9-11-01</p>		<p>¹ TUNA SALAD W/ LETTUCE LEAF AND MAYO PACKET</p> <p>TURKEY RICE SOUP</p> <p>SPIRAL PASTA SALAD</p> <p>BEET & ONION SALAD</p> <p>RYE BREAD (2 SLICES)</p> <p>FRESH APPLE SLICES</p>
<p>⁴</p> 	<p>⁵ CHICKEN STUFFED W/SWISS CHEESE & HAM</p> <p>JUICE</p> <p>CONFETTI RICE</p> <p>CARROT COINS</p> <p>WHOLE WHEAT DINNER ROLL</p> <p>PIE</p>	<p>⁶ SWEET ITALIAN SAUSAGE W/TOMATO SAUCE & PARMESAN CHEESE</p> <p>NAVY BEAN SOUP</p> <p>ROASTED POTATO TRI-COLOR BLEND</p> <p>PEPPERS & ONIONS</p> <p>CLUB ROLL</p> <p>PEAR HALVES</p>	<p>⁷ ROASTED TURKEY W/GRAVY</p> <p>JUICE</p> <p>SWEET POTATO CHUCKS</p> <p>SNAP PEAS</p> <p>RYE BREAD</p> <p>BLACK & WHITE COOKIE</p>	<p>⁸ CRAB CAKE W/TARTAR SAUCE</p> <p>CORN CHOWDER</p> <p>MACARONI AND CHEESE</p> <p>STEWED TOMATOES</p> <p>PUMPERNICKEL BREAD</p> <p>LEMON BARS</p>
<p>¹¹ STUFFED PEPPER W/TOMATO SAUCE</p> <p>JUICE</p> <p>MASHED POTATOES</p> <p>GREEN BEANS</p> <p>RYE BREAD</p> <p>FRUIT COCKTAIL</p>	<p>¹² LOW SALT HAM W/ PINEAPPLE SAUCE</p> <p>SPLIT PEA SOUP</p> <p>SCALLOPED POTATOES</p> <p>SPINACH</p> <p>DINNER ROLL</p> <p>OATMEAL COOKIE</p>	<p>¹³ <i>Multi-cultural Menu</i></p> <p>(2) BEEF STUFFED SOFT TACOS W/SHREDDED CHEDDAR CHEESE</p> <p>JUICE</p> <p>RICE W/BEANS</p> <p>SHREDDED LETTUCE & TOMATO</p> <p>SOFT TACO SHELL</p> <p>MANDARIN ORANGES</p>	<p>¹⁴ "HEALTHWISE"</p> <p>LEMON PEPPER FISH W/TARTAR SAUCE</p> <p>MINESTRONE SOUP</p> <p>BROWN/WILD RICE BLEND</p> <p>BRUSSEL SPROUTS</p> <p>MULTI-GRAIN BREAD</p> <p>PINEAPPLE CHUCKS</p>	<p>¹⁵ NUTRITION ANNUAL RED, WHITE AND BLUE PICNIC</p> 
<p>¹⁸ CHICKEN FRANCAISE</p> <p>JUICE</p> <p>RED SKIN WEDGE POTATOES</p> <p>MIXED VEGETABLE</p> <p>RYE/PUMPERNICKEL SWIRL</p> <p>FIG BAR</p>	<p>¹⁹ <i>Super Tuesday</i></p> <p>TURKEY AND PROVOLONE W/MAYO & MUSTARD</p> <p>ROASTED CHICKEN VEGETABLE SOUP</p> <p>MACARONI SALAD</p> <p>LETTUCE & TOMATO</p> <p>CLUB ROLL</p> <p>BROWNIE</p>	<p>²⁰ CHICKEN POT PIE</p> <p>JUICE</p> <p>FRESH SPINACH W/DRIED CRANBERRIES, CROUTONS & LITE BALSAMIC VINAIGRETTE</p> <p>MUFFIN</p> <p>STRAWBERRY YOGURT</p>	<p>²¹ BREADED PORK CHOP (NO GRAVY)</p> <p>JUICE</p> <p>SWEET MASHED POTATOES</p> <p>WHOLE WHEAT BREAD</p> <p>APPLESAUCE</p>	<p>²² <i>Fitness Friday</i></p> <p>A SALAD WITH CHICKEN STRIPS, ROMAINE LETTUCE, TOMATO, SHREDDED CARROTS & ITALIAN DRESSING</p> <p>TURKEY VEGETABLE SOUP</p> <p>SUN CHIPS</p> <p>DINNER ROLL</p> <p>FRESH TANGERINE</p>
<p>²⁵ FRIED CHICKEN</p> <p>VEGETARIAN VEGETABLE SOUP</p> <p>POTATO SALAD</p> <p>CUCUMBER & TOMATO SALAD</p> <p>PUMPERNICKEL BREAD</p> <p>GRANOLA BAR</p>	<p>²⁶ MEATLOAF W W/MUSHROOM GRAVY</p> <p>JUICE</p> <p>MASHED POTATOES</p> <p>BROCCOLI</p> <p>WHOLE WHEAT BREAD</p> <p>DIXIE CUP ICE-CREAM</p>	<p>²⁷ (2) TURKEY HOT DOGS W/KETCHUP, MUSTARD AND RELISH (2 EACH)</p> <p>JUICE</p> <p>BAKED BEANS</p> <p>CALIFORNIA COLESLAW</p> <p>HOT DOG BUNS (2)</p> <p>LEMON SHERBET</p>	<p>²⁸ SWEDISH MEATBALLS W/GRAVY</p> <p>JUICE</p> <p>EGG NOODLES</p> <p>PEAS & PEARL ONIONS</p> <p>RYE BREAD</p> <p>VANILLA PUDDING</p>	<p>²⁹ EGGPLANT ROLLATINI W/TOMATO SAUCE</p> <p>JUICE</p> <p>PENNE PASTA/MARINARA SAUCE</p> <p>FLAT ITALIAN GREEN BEANS</p> <p>ITALIAN BREAD</p> <p>DICED PEACHES</p>