

MERCER COUNTY NUTRITION LUNCHES

October 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>2 "Heathwise" POTATO CRUSTED FISH W/TARTAR SAUCE CORN CHOWDER VEGETABLE RICE BRUSSEL SPROUTS PUMPERNICKEL BREAD APPLES</p>	<p>3 MEATBALLS W/ TOMATO SAUCE & PARMESAN CHEESE JUICE SPAGHETTI W/ TOMATO SAUCE PEAS & PEARL ONIONS ITALIAN BREAD OATMEAL COOKIE</p>	<p>4 POT ROAST W/ GRAVY JUICE BARLEY PILAF MIXED VEGETABLES WHOLE WHEAT BREAD CHOCOLATE PUNDDING</p>	<p>5 CHICKEN MARSALA JUICE TRI-COLOR POTATO MEDLEY ZUCCHINI & STEWED TOMATOES RYE BREAD PEAR</p>	<p>6 TUNA SALAD PLATTER W/ LETTUCE LEAF MANHATTAN CLAM CHOWDER POTATO SALAD SNAP PEAS (2 slices) RYE BREAD BLACK & WHITE COOKIE</p>
<p>9  COLUMBUS DAY HOLIDAY NUTRITION SITES CLOSED</p>	<p>10 BEEF CHILI JUICE BROWN RICE CAESAR SALAD: ROMAINE, PARMESAN CHEESE, CROUTONS AND CAESAR DRESSING DINNER ROLL MANDARIN ORANGES</p>	<p>11 SWEET & SOUR CHICKEN NAVY BEAN CONFETTI RICE GREEN BEANS WHOLE WHEAT BREAD DIXIE CUP OF ICE CREAM</p>	<p>12 GARDEN VEGETABLE CHEESE OMELET W/ KETCHUP JUICE SAUSAGE PATTY (2) HASH BROWN W/KETCHUP PUMPERNICKEL/RYE SWIRL FRUIT CUP</p>	<p>13 Fitness Friday A SALAD WITH CHOPPED TURKEY & PROVOLONE CHEESE, ROMAINE LETTUCE, CROUTONS, DRIED CRANBERRIES AND CUCUMBER SLICES W/ BALSAMIC VINAIGRETTE CHICKEN VEGETABLE SOUP SUN CHIPS RYE BREAD GRAHAM CRACKERS</p>
<p>16 PIZZA W/ MUSHROOMS TURKEY RICE SOUP THREE BEAN SALAD BEET SALAD MUFFIN FRESH APPLE SLICES</p>	<p>17 CHICKEN TETRAZZINI JUICE EGG NOODLES BROCCOLI PUMPERNICKEL BREAD POUND CAKE</p>	<p>18 ROASTED TURKEY W/ GRAVY JUICE BROWN & WILD RICE BLEND CAULIFLOWER WHOLE WHEAT BREAD JELLO W/FRUIT</p>	<p>19 Birthday Celebration Menu (2) HOTDOGS W/KETCHUP, MUSTARD AND RELISH (2) EACH JUICE BAKED BEANS COLE SLAW (2) HOT DOG ROLLS CUPCAKE</p>	<p>20 CRAB CAKES W/TARTAR SAUCE LENTIL SOUP MACARONI & CHEESE STEWED TOMATOES WHOLE WHEAT BUN STRAWBERRY YOGURT</p>
<p>23 SAUSAGE W/TOMATO SAUCE BEEF & BARLEY SOUP BOILED POTATOES W/ BUTTER & HERB PEPPERS AND ONIONS CLUB ROLL VANILLA PUDDING</p>	<p>24 Advisory Council Mtg. Hopewell (2) BEEF STUFFED SOFT TACOS W/SHREDDED CHEDDAR CHEESE JUICE RICE W/BEANS SHREDDED LETTUCE & TOMATO SOFT TACO SHELL ORANGE SHERBET</p>	<p>26 PORK LOIN W/ APPLE GRAVY JUICE WHIPPED SWEET POTATOES CARROT COINS WHOLE WHEAT DINNER ROLL CEREAL BAR</p>	<p>26 LOW-SALT HAM W/PINEAPPLE SALSA CHICKEN NOODLE SOUP TATER TOTS W/KETCHUP BUTTERNUT SQUASH RYE BREAD LEMON BARS</p>	<p>27 CHEESE LASAGNA W/TOMATO SAUCE & PARMESAN CHEESE JUICE CORN & RED PEPPERS GREEN BEAN SALAD ITALIAN BREAD BROWNIE</p>
<p>30 Super Monday (Soup & Sandwich) WHEAT WRAP W/ ROASTED TURKEY, PROVOLONE CHEESE, AND LETTUCE W/MAYO VEGETARIAN SPLIT PEA PASTA SALAD BROCCOLI SALAD OREO COOKIES</p>	<p>31 Fall Meal FEST BEEF STEW JUICE WIDE NOODLES WINTER BLEND VEGETABLES WHOLE WHEAT DINNER ROLL CANDY CORN</p>	<p> Happy Fall!</p>	<p>BRIAN M. HUGHES COUNTY EXECUTIVE </p>	<p>DAILY MEAL INCLUDES: MILK, MARGARINE AND HOT BEVERAGE MENU IS SUBJECT TO CHANGE WITHOUT NOTICE</p>