

DECEMBER 2017

**Senior Center
LUNCH PROGRAM**
1st Lunch: 11:00-11:45AM
2nd Lunch: 12:30-1:15PM



**COME JOIN US
AT ENCORE**
for the **best Food,
Friends & Programs**
on

BROADWAY

**Doors OPEN - 8:30am
at the earliest.**

If arriving before 8:30AM
Please wait in the Actor's
Chapel above senior center.



BREAKFAST CART

9AM TO 10AM

\$0.50 Coffee

Free Breakfast

Donated by

Community Restaurants

All Meals are prepared under strict
nutritional guidelines given by The
Department for the Aging (DFTA)

Served with each lunch:

Milk: 1% or low-fat milk

Whole Wheat Bread

Margarine: Trans Fat Free (TFF)

Coffee or Tea: If requested is \$.50

Coffee, Tea, & Soup



are outside DFTA requirements

Monday	Tuesday	Wednesday	Thursday	Friday
<p>NUTRITION EDUCATION WORKSHOP Join us to learn about Food Safety at Home to help you prevent contamination and food borne illnesses. Monday, 12/18/17 at 1:15PM presented by Amelia Jalandoni, MA, RDN, CDN</p>		<p>CHECK YOUR STEPS: FOUR SIMPLE STEPS TO FOOD SAFETY</p>		<p>1 Baked Tilapia w/ Light Basil Cream Sauce Broccoli & Red Peppers Red Bliss Potatoes Kiwi Homemade Soup</p>
<p>4 Hungarian Beef Goulash Egg Noodles Broccoli and Red Peppers Apple Orange Juice</p>	<p>5 Hawaiian Chicken Baked Sweet Potato Oriental Blend Tangerine Apple Juice</p>	<p>6 Beef Meatballs in Tomato Sauce Spaghetti Italian Blend Vegetables Fruit Cocktail Orange Pineapple Juice</p>	<p>7 Rosemary Chicken California Blend Vegetables Roasted Potatoes Fruited Jello Orange Juice</p>	<p>8 Baked Breaded Fish w/ Tartar Sauce Roasted Vegetable Couscous Prince Edward Blend Vegetables Orange Homemade Soup</p>
<p>11 Stewed Beef Mixed Vegetables Smashed Red Potatoes Orange Apple Juice</p>	<p>12 Spanish Style Baked Chicken Cuban Style Brown Rice Steamed Green Beans Mandarins (NJ) Orange Pineapple Juice</p>	<p>13 Holiday Party Roast Beef Baked Potatoes Steamed Green Beans Apple Pie Ice Cream (SF) Orange Juice</p>	<p>14 Baked Breaded Chicken Baked Sweet Potato Steamed Spinach Pear Apple Juice</p>	<p>15 Parmesan Baked Tilapia Couscous with Peas and Lemon Prince Edward Blend Vegetables Cantaloupe Homemade Soup</p>
<p>18 Swiss Steak with Onions White Rice Stewed Beans Apple Orange Pineapple Juice</p>	<p>19 Oven Fried Chicken Red Bliss Potatoes Steamed Green Beans Fruited Jello Orange Juice</p>	<p>20 Pernil (Roasted Pork Shoulder) w/ Brown Gravy Brown Rice with Pigeon Peas California Blend Vegetables Ice Cream (SF) Homemade Cake (TFF)</p>	<p>21 BBQ Chicken Southern Greens Roasted Potatoes Pear Orange Pineapple Juice</p>	<p>22 Baked Tilapia w/ Creole Sauce Brown Rice Steamed Broccoli Pineapple (NJ) Homemade Soup</p>
<p>25 CENTER CLOSED</p> <p>Happy Holidays</p>	<p>26 Chicken with Peach Sauce Collard Greens with Tomato Roasted Potatoes Pear Apple Juice</p>	<p>27 Jumbo Stuffed Shells with Meat Sauce Brussel Sprouts Tossed Salad with Dressing Orange Orange Pineapple Juice</p>	<p>28 Turkey Drumsticks w/ Brown Gravy Mashed Sweet Potatoes Steamed Green Beans Fruited Jello Orange Juice</p>	<p>29 Baked Salmon with Cilantro Citrus Sauce Egg Barley with Mushrooms Baby Carrots with Parsley Tangerine Homemade Soup</p>