

JUNE 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

*Menu
Information*
(NJ) In Natural Juice
(PW) Packed in Water
(SF) Sugar Free
(TFF) Trans Fat Free
(LS) Low Sodium
(LF) Low fat

Monday	Tuesday	Wednesday	Thursday	Friday
 <p>Eating a well-planned, balanced mix of foods every day has many health benefits. For instance, eating well may reduce the risk of heart disease, stroke, type 2 diabetes, bone loss, some kinds of cancer, and anemia. Healthy eating may also help you reduce high blood pressure, lower high cholesterol, and manage diabetes.</p> <p>Join us for our "Healthy Portion Sizes" workshop on Tues., June 6, 2017 at 1:15PM</p>			<p>1 Turkey Meatballs with Tomato Sauce Pasta Steamed Broccoli Enriched Fruit Juice Fruited Jello</p>	<p>2 Parmesan Baked Fish Couscous with Peas and Lemon Diced Beets with Onions Cantaloupe Homemade Soup</p>
<p>5 Stewed Beef Brown Rice Steamed Peas and Carrots Sliced Peaches (NJ) Enriched Fruit Juice</p>	<p>6 Chicken Parmesan (Cutlet) Spaghetti Italian Blend Vegetables Apple Enriched Fruit Juice</p>	<p>7 Black Bean and Sweet Potato Chili (Vegetarian) White Rice Broccoli and Red Peppers Pear Enriched Fruit Juice</p>	<p>8 Southern Style Breaded Chicken Baked Macaroni & Cheese Tangy Green Beans Pineapple (NJ) Enriched Fruit Juice</p>	<p>9 Baked Tilapia with Light Basil Cream Sauce California Blend Vegetables Red Bliss Potatoes Orange Homemade Soup</p>
<p>12 Italian Meatballs with Tomato Sauce Spaghetti Italian Blend Vegetables Pineapple (NJ) Enriched Fruit Juice</p>	<p>13 Honey Mustard Chicken Rice Pilaf Sautéed String Beans Fruit Cocktail Enriched Fruit Juice</p>	<p>14 Baked Ziti with Meat Sauce Sautéed Asparagus Tossed Salad Pear Enriched Fruit Juice</p>	<p>15 Cranberry Chicken Corn Steamed Green Beans Banana Enriched Fruit Juice</p>	<p>16 Oven Fried Fish Yellow Rice Broccoli and Red Peppers Cantaloupe Homemade Soup</p>
<p>19 Swedish Meatballs with Brown Gravy Bowtie Noodles Baby Carrots with Parsley Apple Enriched Fruit Juice</p>	<p>20 Hawaiian Chicken Baked Sweet Potato Broccoli and Red Peppers Banana Enriched Fruit Juice</p>	<p>21 Italian Roasted Pork Tenderloin  Mashed Sweet Potatoes California Blend Vegetables Homemade Cake (TFF) Ice Cream (SF) Enriched Fruit Juice</p>	<p>22 Rosemary Chicken California Blend Vegetables Roasted Potatoes Fruited Jello Enriched Fruit Juice</p>	<p>23 Baked Breaded Fish with Tartar Sauce Roasted Vegetable Couscous Prince Edward Blend Vegetables Orange Homemade Soup</p>
<p>26 Salisbury Steak with Mushroom Gravy Homemade Mashed Potatoes Zucchini with Corn and Tomatoes Orange Enriched Fruit Juice</p>	<p>27 Spanish Style Baked Chicken Cuban Style Yellow Rice Steamed Green Beans Banana Enriched Fruit Juice</p>	<p>28 Stewed Beef Mixed Vegetables Red Bliss Potatoes Sliced Peaches (NJ) Enriched Fruit Juice</p>	<p>29 Southern Style Breaded Chicken Egg Barley with Mushrooms Steamed Spinach Fruited Jello Enriched Fruit Juice</p>	<p>30 Baked Salmon with Cilantro Citrus Sauce Pesto Pasta with Broccoli Baby Carrots with Parsley Cantaloupe Homemade Soup</p>