

AUGUST 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

*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
	1 Hawaiian Chicken Baked Sweet Potato Broccoli and Red Peppers Apple Juice Banana	2 Black Bean and Sweet Potato Chili White Rice Broccoli and Red Peppers Orange Pineapple Juice Pear	3 Rosemary Chicken California Blend Vegetables Roasted Potatoes Orange Juice Fruited Jello	4 Baked Breaded Fish Tartar Sauce Roasted Vegetable Couscous Prince Edward Blend Vegetables Orange
	7 Beef Salisbury Steak with Mushroom Gravy Homemade Mashed Potatoes Zucchini with Corn and Tomatoes Apple Juice Orange	8 Spanish Style Baked Chicken Cuban Style Yellow Rice Steamed Green Beans Banana Orange Pineapple Juice	9 Stewed Beef Mixed Vegetables Red Bliss Potatoes Orange Juice Sliced Peaches	10 Southern Style Breaded Chicken Egg Barley with Mushrooms Steamed Spinach Apple Juice Fruited Jello
14 Stewed Pork Chops White Rice Steamed Vegetables Apple Orange Pineapple Juice	15 Oven Fried Chicken Red Bliss Potatoes Steamed Green Beans Orange Juice Fruited Jello	16 Yankee Pot Roast Garlic & Rosemary Roasted Potatoes Steamed Carrots Homemade Cake (TFF) Ice Cream (SF) Apple Juice	17 BBQ Chicken Leg Quarters Boiled Southern Greens Roasted Potatoes Orange Pineapple Juice Pear	18 Baked Tilapia with Creole Sauce Brown Rice Steamed Broccoli Kiwi
21 Chili con Carne White Rice Steamed Green Beans Apple Orange Juice	22 Chicken Fricassee Collard Greens with Tomato Roasted Potatoes Apple Juice Pear	23 Sofrito Steak Brown Rice Steamed Peas and Carrots Banana Orange Pineapple Juice	24 Turkey Meatballs with Homemade Tomato Sauce Pasta Steamed Broccoli Orange Juice Fruited Jello	25 Parmesan Baked Tilapia Couscous with Peas and Lemon Diced Beets with Onions Cantaloupe
28 Stewed Beef Brown Rice Steamed Peas and Carrots Apple Juice Sliced Peaches	29 Chicken Parmesan with Homemade Tomato Sauce Spaghetti Italian Blend Vegetables Apple Orange Pineapple Juice	30 Black Bean and Sweet Potato Chili White Rice Broccoli and Red Peppers Orange Juice Pear	31 Southern Style Breaded Chicken Baked Macaroni and Cheese Tangy Green Beans Apple Juice Canned Pineapple	<p>Happy Summer! Stay Hydrated!</p>