



BRIAN M. HUGHES
COUNTY EXECUTIVE

Site: John O. Wilson Site Manager: Nutrition Office Dining Area Phone: 609-394-1617

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.



APRIL 2023 (Pick either Standard or Vegetarian (Veg) Menu)

Monday	Tuesday	Wednesday	Thursday	Friday
3. STANDARD VEG BBQ ChickenHarvest Veg Mashed SweetRatatouille PotatoesQuinoa Cauliflower JUICE WHOLE WHEAT DINNER ROLL FRESH TANGERINE	4. STANDARD VEG Rueben (Warm)Mac & Cheese Turkey PastramiStew Tomatoes w/Swiss CheeseMixed Veg Sauerkraut &Russian Dressing LENTIL SOUP W/ VEG BASE RYE BREAD APPLESAUCE	5. STANDARD VEG Beef Pot RoastWhite Bean w/ GravyCassoulet Mashed PotatoesBarley Green Beans JUICE WHOLE WHEAT DINNER ROLL RICE PUDDING	6. STANDARD VEG Chicken ParmesanVeg Stew w/ Tomato SauceCouscous Spaghetti w/ Marinara Sauce Italian Veg Parmesan Cheese Packet JUICE ITALIAN BREAD CHOCOLATE PUDDING	7. GOOD FRIDAY NUTRITION CLOSED
10. STANDARD VEG French Toast w/SyrupVeggie Burger Cheese Omeletw/Provolone Cheese Sausage PattyLettuce & Tomato Hashbrowns w/KetchupRedskinned Potatoes Green Beans JUICE FRESH STRAWBERRIES	11. STANDARD VEG Beef Stuffed TacosEggplant Parm w/Shredded Cheddarw/Tomato Cheese & SalsaSauce Spanish Rice& Shredded Mozz. Shredded & LettuceCheese & TomatoCampanelle Pasta Soft Taco ShellItalian Blend Veg Parm Cheese Packetw/Basil BLACK BEAN SOUP w/VEG BASE MANDARIN CUP	12. STANDARD VEG Eggplant Parm w/Bombay Dal Marinara Sauce &Palak Parm CheeseBrown Rice Pilaf Spaghetti w/Diced Carrots Cacciatore Sauce Cucumber Salad w/ Italian Dressing JUICE ITALIAN BREAD GRAHAM CRACKER	13. STANDARD VEG Salisbury Steak w/Egg Salad w/ Beef GravyLettuce Leaf & Potato WedgesTomato CauliflowerPasta Salad VEGETARIAN VEGETABLE SOUP (2) RYE BREAD FRESH PEAR	14. STANDARD VEG Salmon BurgerVeg Bean Chili w/Lettuce &w/Tofu TomatoTri-Color Potatoes Yellow RiceCorn & Red Peppers Mixed Veg JUICE WHOLE WHEAT DINNER ROLL OATMEAL COOKIE
17. STANDARD VEG Beef Burger w/Harvest Veg American Cheese,Ratatouille Lettuce & TomatoQuinoa Sweet Potatoes Mixed Veg JUICE WHOLE WHEAT HAMBURGER BUN FRESH PEAR	18. STANDARD VEG Stuffed Cabbage w/Mac & Cheese Marinara Sauce &Stew Tomatoes Parm CheeseMixed Veg Mashed Potatoes Zucchini NAVY BEAN SOUP w/VEG BASE WHOLE WHEAT DINNER ROLL FRESH APPLE	19. STANDARD VEG Egg Salad w/LettuceWhite Bean Leaf & MayoCassoulet PacketBarley Four Bean Salad Coleslaw TOMATO SOUP (2) RYE BREAD TROPICAL FRUIT CUP	20. STANDARD VEG Beef Meatballs w/Veg Stew Mushroom GravyCouscous Egg Noodles Peas & Carrots JUICE WHOLE GRAIN BREAD MANDARIN ORANGE	21. STANDARD VEG Crab Cake w/Veg Lasagna w/ Tartar SauceShredded Mozz Mac & CheeseCheese Stewed TomatoesOkra & Tomatoes Parm Cheese Packet CORN CHOWDER w/VEGETABLE BASE WHOLE WHEAT HAMBURGER BUN BLUEBERRIES
24. STANDARD VEG Beef Stew w/ BrownVeggie Burger w/ GravyProvolone Cheese Quinoa & Brown RiceLettuce & Tomato Collard GreensRedskinned Potatoes String Beans JUICE WHOLE WHEAT DINNER ROLL TAPIOCA PUDDING	25. STANDARD VEG Kielbasa w/MustardEggplant Parm w/ PacketTomato Sauce & Macaroni SaladShredded Mozz Cucumber & Tomato SaladCheese Campanelle Pasta Italian Blend Veg w/ Basil Parm Cheese Packet CHICKEN NOODLE SOUP CLUB ROLL CHOCOLATE CHIP COOKIE	26. STANDARD VEG Chicken Pot PieBombay Dal Redskin PotatoesPalak Peas & CarrotsBrown Rice Pilaf Diced Carrots JUICE WHOLE WHEAT DINNER ROLL VANILLA PUDDING	27. STANDARD VEG Pepperoni PizzaEgg Salad w/ Broccoli SaladLettuce Leaf & Hashbrowns w/KetchupTomato Pasta Salad CREAM of MUSHROOM SOUP (2) RYE BREAD PEACH CUP	28. STANDARD VEG Tortellini w/AlfredoVeg Bean Sauce & Parm CheeseChili w/Tofu Garden Salad w/Tri-Color Italian DressingPotatoes Italian VegCorn & Red Peppers JUICE ITALIAN BREAD OREO COOKIE

Site Activities
<u>Hamilton</u> 4/4/2023—’Healthy Eating As We Age” -Donna Hunter, Mercer County Nutritionist
<u>East Windsor</u> 4/12/2023 -“Gambling and Seniors” -Dan Meara, Council on Compulsive Gambling
<u>Ewing</u> 4/18/2023 -“ Colorectal Health” -Cecelia Gomez Rutgers University
<u>Sam Naples</u> 4/20/2023 -“Medication Management–Brown Paper Bag Program -Chip Meara, Mercer County Nutrition Project for Older Adults
<u>East Windsor</u> 4/24/2023 - “Hospice Care” -Kristen O’ Grady, Accent Care
DAILY MEAL INCLUDES: MILK, MARGARINE AND HOT BEVERAGE MENU IS SUBJECT TO CHANGE WITHOUT NOTICE