

March 2020 Regular Menu

Monday	Tuesday	Wednesday	Thursday	Friday
<p>2</p> <p>Meatball Sub Redskin Wedge Potatoes Broccoli Tuscan Bean Soup Kaiser Roll- Sliced. Applesauce- Ind.</p>	<p>3</p> <p>Tuna Salad Potato Salad Lettuce & Onions Butternut Squash Soup Whole Wheat Bread- 2 Slices Yogurt- Ind.</p>	<p>4</p> <p>Shepard's Pie Mashed Potatoes Mixed Vegetable Medley Minestrone Soup Whole Wheat Dinner Roll Chocolate Pudding- Ind.</p>	<p>5</p> <p>Breaded Chicken W/ Mushroom Gravy Mashed Sweet Potatoes Baby Carrots Four Bean Salad Pumpnickel Bread Sliced Peaches- Ind.</p>	<p>6</p> <p>Cheese Omelet W/ Salsa Diced Potatoes Sausage Links Ambrosia Salad Croissant Yogurt- Ind.</p>
<p>9</p> <p>Teriyaki Beef Brown Rice Oriental Blend Vegetables Carrot Raisin Salad Multigrain Bread Mixed Fruit Cup -Ind.</p>	<p>10</p> <p>Meatloaf W/ Gravy Mashed Potatoes Peas & Carrots Lentil Soup Pumpnickel Bread Fresh Fruit</p>	<p>11</p> <p>Chicken Parmesan Penne W/ Marinara Zucchini & Stewed Tomatoes Caesar Salad W/ Croutons Whole Wheat Bread Diced Pears- Ind.</p>	<p>12</p> <p>Sweet Italian Sausage Red Skin Potato Wedges Peppers & Onions Winter Vegetable Soup Club Roll- Sliced Applesauce- Ind.</p>	<p>13</p> <p>Cheese Pizza HD: Tortellini W/ Pesto Cream Italian Blend Vegetables Spinach Salad W/ Cucumber Whole Wheat Dinner Roll Mixed Fruit Cup- Ind.</p>
<p>16</p> <p>Cheeseburger Baked Beans Lettuce & Onions Corn Chowder Whole Wheat Hamburger Bun Mandarin Oranges- Ind.</p>	<p>17</p> <p>Corned Beef W/ Cabbage Boiled Potatoes Carrots Mixed Green Salad Rye Bread Cookies</p>	<p>18</p> <p>Stuffed Peppers W/ Marinara Red Skin Potato Wedges Brussel Sprouts Turkey Vegetable Soup Whole Wheat Bread Mixed Fruit Cup- Ind.</p>	<p>19</p> <p>Turkey W/ Gravy Diced Sweet Potatoes Vegetable Medley Cucumber Salad Multigrain Bread Yogurt- Ind.</p>	<p>20</p> <p>Chicken Cordon Bleu Mashed Potatoes Green Beans Escarole White Bean Soup Whole Wheat Dinner Roll Sliced Peaches- Ind.</p>
<p>23</p> <p>Crab Cake Quinoa Pilaf Lima Beans Marinated Beet Salad Whole Wheat Dinner Roll Diced Pears- Ind.</p>	<p>March Celebration 24</p> <p>Chicken Marsala Oven Roasted Potatoes Italian Blend Vegetables Chicken Vegetable Soup Multigrain Bread Birthday Cake</p>	<p>25</p> <p>Salisbury Steak Mashed Potatoes Carrots- Coined Spinach Salad W/ Cranberries Pumpnickel Bread Yogurt- Ind.</p>	<p>26</p> <p>Stuffed Cabbage Brown Rice Spinach & Mushrooms Spilt Pea Soup Whole Wheat Dinner Roll Vanilla Pudding- Ind.</p>	<p>27</p> <p>Potato Crusted Fish W/ Lemon Butter Mashed Sweet Potatoes Cauliflower Florets Lemon Zest Chickpea Salad Rye Bread Mixed Fruit Cup- Ind.</p>
<p>30</p> <p>Chicken Stuffed W/ Broccoli Mashed Potatoes Corn Niblets Mixed Greens W/ Cucumber Multigrain Bread Jello- Ind.</p>	<p>31</p> <p>Turkey & Swiss Macaroni Salad Lettuce & Onions Beef Barley Soup Whole Wheat Bread- 2 Slices Yogurt- Ind.</p>			<p>Please note that all menus: -May change due to unforeseen circumstances. -Include 8oz. 1% milk and 4oz. 100% juice. -HD and diabetic clients will receive light or sugar-free desserts only.</p>



Go Green to Celebrate National Nutrition Month



March is a month of celebrating St. Patrick's Day, but did you know it's also a month of celebrating nutrition. March is National Nutrition Month®, a campaign created by the Academy of Nutrition and Dietetics to focus on the importance of informed food choices and physical activity. One of the best ways to improve your eating pattern is to consume more vegetables. Green vegetables are especially important as they are packed with vitamins, minerals, fiber and are low in calories. They also contain antioxidants and disease fighting compounds called phytochemicals. So, while you celebrate by wearing green this month, don't forget to eat your greens as well. Here are a few ways to boost your intake of an array of green vegetables:

- Try a green smoothie packed with your favorite fruit, spinach, milk and Greek yogurt
- Cook leafy greens such as chard and spinach into soups, omelets, pasta and rice dishes
- Branch out and try different salad greens like arugula, escarole, watercress or baby kale
- Steam cruciferous green veggies such as broccoli and Brussel sprouts to make them more digestible without losing nutritional value
- Don't forget about frozen vegetables. They're convenient, cost effective and just as nutritious.



www.middlesexcountynj.gov



Middlesex County Office of Aging & Disabled Services Upcoming Office Events

90's Birthday Celebration & Luncheon

May 5th – Edison

May 7th – Old Bridge

May 14th – South Brunswick

May 28th – Piscataway



Senior Citizen Art Contest & Exhibit

Middlesex County College, Edison

July – August

Dates to be Determined



For further details contact your local senior center or call 732-745-3295

Protect Yourself from Abuse, Neglect and Exploitation!

If you or others experience abuse or neglect in a community setting, Adult Protective Services (APS) is here to help. The APS mission is to ensure the safety and well-being of elders and dependent adults

Central Jersey Legal Services (CJLS)

is a non-profit law firm offering free legal help in civil (non-criminal) cases for low-income residents of Middlesex County. CJLS provides legal assistance for: Housing Problems, Family Law & Domestic Violence, Consumer Problems, Public Benefits & Employment, Access to Health Care and other health care issues. CJLS: 732-249-7600 or 732-324-1613 www.lsnj.org/cjls

Nutrition Resources

Supplemental Nutrition Assistance Program (SNAP) is a federal program that provides EBT cards (formerly food stamps) to help low-income adults purchase foods. Adults must meet eligibility and income requirements.

More Info:

New Jersey SNAP Office

1-800-687-9512

www.fns.usda.gov/snap



Office of Aging & Disabled Services 732-745-3295

Middlesex County Board of Chosen Freeholders

Ronald G. Rios, *Freeholder Director*
 Kenneth Armwood, *Freeholder Deputy Director*
 Charles Kenny
 Leslie Koppel
 Shanti Narra
 Charles E. Tomaro

Claribel A. Azcona-Barber, *Chair Community Services Committee*

Laila Caune, *Aging and Disabled Services Director*

March 2020 Vegetarian Menu

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<p>2</p> <p>Gobhi Matar Saffron Rice Broccoli Tuscan Bean Soup Kaiser Roll- Sliced. Applesauce- Ind.</p>	<p>3</p> <p>Veggie Burger Potato Salad Lettuce & Onions Butternut Squash Soup Whole Wheat Bread- 2 Slices Yogurt- Ind.</p>	<p>4</p> <p>Vegetable Tagine Mashed Potatoes Mixed Vegetable Medley Minestrone Soup Whole Wheat Dinner Roll Chocolate Pudding- Ind.</p>	<p>5</p> <p>Toor Dal Lemon Rice Baby Carrots Four Bean Salad Pumpnickel Bread Sliced Peaches- Ind.</p>	<p>6</p> <p>Cheese Omelet W/ Salsa Diced Potatoes Ambrosia Salad Croissant Yogurt- Ind.</p>
<p>9</p> <p>Tofu & Vegetable Stir Fry Brown Rice Oriental Blend Vegetables Carrot Raisin Salad Multigrain Bread Mixed Fruit Cup -Ind.</p>	<p>10</p> <p>Chana Marsala Vegetable Biryani Peas & Carrots Lentil Soup Pumpnickel Bread Fresh Fruit</p>	<p>11</p> <p>Eggplant Rollatini Penne W/ Marinara Zucchini & Stewed Tomatoes Caesar Salad W/ Croutons Whole Wheat Bread Diced Pears- Ind.</p>	<p>12</p> <p>Vegetable Korma Lemon Rice Peppers & Onions Winter Vegetable Soup Multigrain Bread Applesauce- Ind.</p>	<p>13</p> <p>Cheese Pizza HD: Tortellini W/ Pesto Cream Italian Blend Vegetables Spinach Salad W/ Cucumber Whole Wheat Dinner Roll Mixed Fruit Cup- Ind.</p>
<p>16</p> <p>Veggie Burger Baked Beans Lettuce & Onions Corn Chowder Whole Wheat Hamburger Bun Mandarin Oranges- Ind.</p>	<p>17</p> <p>Gobhi Matar Saffron Rice Carrots Mixed Green Salad Rye Bread Cookies</p>	<p>18</p> <p>Toor Dal Lemon Rice Brussel Sprouts Vegetable Soup Whole Wheat Bread Mixed Fruit Cup- Ind.</p>	<p>19</p> <p>Vegetable Tagine Diced Sweet Potatoes Vegetable Medley Cucumber Salad Multigrain Bread Yogurt- Ind.</p>	<p>20</p> <p>Eggplant Chickpea Stew Mashed Potatoes Green Beans Escarole White Bean Soup Whole Wheat Dinner Roll Sliced Peaches- Ind.</p>
<p>23</p> <p>Vegetable Ratatouille Quinoa Pilaf Lima Beans Marinated Beet Salad Whole Wheat Dinner Roll Diced Pears- Ind.</p>	<p>March Celebration 24</p> <p>Chana Marsala Oven Roasted Potatoes Italian Blend Vegetables Vegetable Soup Multigrain Bread Birthday Cake</p>	<p>25</p> <p>Vegetable Korma Lemon Rice Carrots- Coined Spinach Salad W/ Cranberries Pumpnickel Bread Yogurt- Ind.</p>	<p>26</p> <p>Tofu & Vegetable Stir Fry Brown Rice Spinach & Mushrooms Spilt Pea Soup Whole Wheat Dinner Roll Vanilla Pudding- Ind.</p>	<p>27</p> <p>Gobhi Matar Saffron Rice Cauliflower Florets Lemon Zest Chickpea Salad Rye Bread Mixed Fruit Cup- Ind.</p>
<p>30</p> <p>Toor Dal Lemon Rice Corn Niblets Mixed Greens W/ Cucumber Multigrain Bread Jello- Ind.</p>	<p>31</p> <p>Swiss Cheese Macaroni Salad Lettuce & Onions Vegetable Soup Whole Wheat Bread- 2 Slices Yogurt- Ind.</p>			<p>Please note that all menus: -May change due to unforeseen circumstances. -Include 8oz. 1% milk and 4oz. 100% juice. -HD and diabetic clients will receive light or sugar-free desserts only.</p>



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