

Carteret: 732-541-6221
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MIDDLESEX COUNTY SENIOR MEAL PROGRAM
 OFFICE OF AGING AND DISABLED SERVICES
 75 BAYARD ST., 5TH FLOOR, NEW BRUNSWICK, NJ 08901
 732-745-2062

Piscataway: 732-743-9844
 Sayreville: 732-254-4299
 So. Brunswick: 732-329-6171
 So. Plainfield 908-753-1040

December 2016

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
PLEASE NOTE: All menus are subject to change due to circumstances beyond our control. All menus include 8 oz. 1% milk and 4 oz. of juice.			1 Lemon Pepper Fish Quinoa Pilaf Spinach 3 Bean Salad Whole Wheat Bread Blueberry Yogurt- Light- Ind.	2 Bourbon Mustard Chicken Mashed Potatoes Mixed Vegetables Minestrone Soup Pumpernickel Bread Vanilla Pudding HD/ Diab: Sugar Free Pudding
5 Stuffed Shells Marinara Italian Mixed Vegetables Zucchini & Stewed Tomatoes Spinach Salad Whole Wheat Dinner Roll Fresh Fruit	6 Turkey & Provolone California Cole Slaw Beet Salad Lettuce & Tomato Lentil Soup 2 Slices Whole Wheat Bread Jello-NSA	7 Asian Chicken & Broccoli Fried Rice Oriental Vegetables Carrot Pineapple Salad Whole Wheat Bread Raspberry Yogurt- Light- Ind.	8 Stuffed Cabbage Mashed Potatoes Peas & Pearl Onions Ambrosia Dinner Roll Cake-Ind HD/ Diab: Sugar Free Cookies	9 Cheese Omelet W/ Salsa Home Fries Sausage Escarole White Bean Soup Blueberry Muffin Fruit Cup- Light- Ind.
12 Crab Cake Roasted Potato Medley Broccoli Mixed Greens W/ Croutons Whole Wheat Bread Strawberry Yogurt- Light- Ind.	13 Closed for Training	14 Salisbury Steak Mashed Potatoes Baby Carrots Winter Vegetable Soup Whole Wheat Bread Diced Pears- Light- Ind.	15 BBQ Chicken Mac & Cheese Spinach Potato Salad Rye Bread Italian Ice HD/ Diab: Sugar Free Cookies	16 Ham w/Pineapple Whipped Sweet Potatoes Green Beans Spinach Salad w/Cranberries Dinner Roll Fresh Fruit
19 Chicken Picadillo Spanish Rice Mixed Vegetables Corn and Red Pepper Salad Whole Wheat Bread Diced Pineapples- Light- Ind.	20 Eggplant Rollatini Penne Marinara Italian Mixed Vegetables Beef Barley Soup Pumpernickel Bread CherryVanilla Yogurt- Light- Ind.	21 Pot Roast Barley Pilaf Sweet Peas Caesar Salad w/Crotons Rye Bread Chocolate Pudding HD/ Diab: Sugar Free Pudding	22 Sweet Italian Sausage Red Skin Wedge Potatoes Broccoli Beet Salad Club Roll- Sliced Fresh Fruit HD/ Diab: Sugar Free Cookies	23 Swedish Meatballs Wide Noodles Brussels Sprouts Chicken Noodle Soup Whole Wheat Bread Cookies HD/ Diab: Sugar Free Cookies
26 Closed	27 December Celebration Meat Loaf Mashed Potatoes Green Beans Thai Noodle Salad Whole Wheat Bread Cake HD/ Diab: Sugar Free Cookies	28 Potato Crusted Fish Roasted Potato Medley Spinach Beet Salad Rye Bread Fresh Fruit	29 Egg Salad California Cole Slaw Ratatouille Salad Lettuce & Tomato Corn Chowder 2 Slices Pumpernickel Bread Diced Peaches- Light- Ind.	30 Chicken Cordon Bleu Fettucini Alfredo Peas & Pearl Onions Ambrosia Dinner Roll Jello-NSA