

**August 2019 Regular Menu**

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>Please note that all menus:</b> -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>			<p>1 Roast Beef W/ Gravy Mashed Potatoes Broccoli &amp; Cauliflower Chickpea Salad Pumpnickel Bread Jello- Ind.</p>	<p>2 Italian Sausage Sandwich Roasted Red Potatoes Peppers &amp; Onions Mixed Green Salad W/ Tomato Club Roll- Sliced Fruit Cup- Ind.</p>
<p>5 Chicken Jambalaya Confetti Rice Collard Greens Lentil Soup Corn Muffin Fruit Cup- Ind.</p>	<p>6 Salisbury Steak W/ Gravy Mashed Potatoes Brussel Sprouts Tossed Salad W/ Cucumber Pumpnickel Bread Fruit Salad</p>	<p>7 Crab Cake Mashed Sweet Potatoes Sweet Peas Corn Chowder Whole Wheat Bread Orange Sherbet- Ind.</p>	<p>8 Turkey W/ Gravy Mac &amp; Cheese Green Beans Carrot Raisin Salad Whole Wheat Dinner Roll Applesauce- Ind.</p>	<p>9 Cheese Omelet W/ Salsa Diced Potatoes Sausage Patty Ambrosia Salad Multigrain Bread Yogurt- Ind. Orange Juice</p>
<p>12 Shepherd's Pie Mashed Potatoes Kale Marinated Vegetable Salad Pumpnickel Bread Fresh Orange</p>	<p>13 Ham Sandwich Spiral Pasta Salad Mixed Green Salad Vegetable Soup Whole Wheat Bread- 2 Slices Fruit Cup- Ind.</p>	<p>14 Tortellini W/ Marinara Italian Blend Vegetables Zucchini &amp; Onions Caesar Salad Whole Wheat Dinner Roll Yogurt- Ind.</p>	<p>15 BBQ Ribette Baked Beans Corn Niblets Lettuce, Tomato, &amp; Onion Whole Wheat Hamburger Bun Ice Cream- Ind.</p>	<p>16 Chicken Cordon Bleu Mashed Sweet Potatoes French Green Beans Chicken Noodle Soup Pumpnickel Bread Fresh Orange</p>
<p>19 Western Omelet W/ Salsa Roasted Red Potatoes Spinach &amp; Mushrooms Tomato &amp; Cucumber Salad Whole Wheat Bread Fruit Salad</p>	<p>20 Turkey W/ Cranberries Mashed Sweet Potatoes Broccoli Vegetarian Split Pea Soup Rye Bread Yogurt- Ind.</p>	<p>21 Meatloaf W/ Gravy Mashed Potatoes Mixed Vegetable Blend Tossed Salad W/ Cucumber Multigrain Bread Applesauce- Ind.</p>	<p>22 Mushroom Chicken Wide Noodles Spinach Minestrone Soup Pumpnickel Bread Fruit Cup- Ind.</p>	<p>23 Broccoli Beef Brown Rice Asian Blend Vegetables Mixed Green Salad W/ Oranges Whole Wheat Dinner Roll Fortune Cookie</p>
<p>26 Stuffed Cabbage W/ Marinara Diced Potatoes Carrots- Coined Beef Barley Soup Rye Bread Yogurt- Ind.</p>	<p><b>August Celebration</b> 27 Chicken Parm Penne W/ Marinara Italian Blend Vegetables Caesar Salad Whole Wheat Dinner Roll Birthday Cake</p>	<p>28 Beef Fajitas Black Beans &amp; Rice Peppers &amp; Onions Shredded Lettuce Salsa &amp; Sour Cream 6" Whole Wheat Tortilla Fruit Cup - Ind.</p>	<p>29 Tuna Salad Potato Salad Lettuce, Tomato, &amp; Onion Butternut Squash Soup Club Roll- Sliced Fruit Salad</p>	<p>30 Manicotti W/ Cheese Basil Pesto Cream Spinach Zucchini &amp; Stewed Tomatoes Whole Wheat Bread Jello. - ind</p>





## Planning For Summer Celebrations

As the summer barbeques and celebrations continue, our unhealthy eating doesn't have to! Here are some tips to make healthy choices at our summer gatherings:

### 1 – Eat beforehand.

Eating a healthy snack beforehand can keep us from filling our plates with unhealthy food.

### 2 – Choose your seat wisely.

Sitting far away from the food makes it less motivating to get up for seconds.

### 3 – Tell a loved one.

When someone else knows that we are trying to make healthy choices, they can encourage or remind us of our goals when we feel tempted to fall back on them.

### 4 – Don't forget the vegetables.

When we fill at least half of our plates with vegetables, we get important nutrients and fiber, which helps fill us up faster.

### 5 – Sideline the sauce.

If possible, put sauces and dressings on the side or eliminate them altogether. This could keep us from eating too much sodium, fat, sugar, and calories.



Middlesex County  
Office of Aging & Disabled Services

# Senior Health and Fitness Walk



September 25, 2019  
10:00am - 1:00pm  
Roosevelt Park, Edison

Contact your local  
Senior Center to Register

CALL FOR MORE DETAILS  
732-745-3295

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[www.middlesexcountynj.gov](http://www.middlesexcountynj.gov)



## Protect Yourself from Abuse, Neglect and Exploitation!

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

## 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](http://www.fns.usda.gov/snap)



Office of Aging & Disabled Services  
732-745-3295

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