

August 2019 Vegetarian Menu

Monday	Tuesday	Wednesday	Thursday	Friday
<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>			<p>1 Vegetable Korma Lemon Rice Toor Dal Chickpea Salad Pumpnickel Bread Jello- Ind.</p>	<p>2 Veggie Burger Roasted Red Potatoes Peppers & Onions Mixed Green Salad W/ Tomato Club Roll- Sliced Fruit Cup- Ind.</p>
<p>5 Channa Masala Vegetable Biryani Collard Greens Lentil Soup Corn Muffin Fruit Cup- Ind.</p>	<p>6 Vegetable Tagine Mashed Potatoes Brussel Sprouts Tossed Salad W/ Cucumber Pumpnickel Bread Fruit Salad</p>	<p>7 Toor Dal Lemon Rice Sweet Peas Corn Chowder Whole Wheat Bread Orange Sherbet- Ind.</p>	<p>8 Gobhi Matar Saffron Rice Green Beans Carrot Raisin Salad Whole Wheat Dinner Roll Applesauce- Ind.</p>	<p>9 Cheese Omelet Salsa Diced Potatoes Ambrosia Salad Multigrain Bread Yogurt- Ind. Orange Juice</p>
<p>12 Harvest Vegetable Ratatouille Mashed Potatoes Kale Marinated Vegetable Salad Pumpnickel Bread Fresh Orange</p>	<p>13 Provolone Cheese Spiral Pasta Salad Mixed Green Salad Vegetable Soup Whole Wheat Bread- 2 Slices Fruit Cup- Ind.</p>	<p>14 Gobhi Matar Saffron Rice Zucchini & Onions Caesar Salad Whole Wheat Dinner Roll Yogurt- Ind.</p>	<p>15 Veggie Burger Baked Beans Corn Niblets Lettuce, Tomato, & Onion Whole Wheat Hamburger Bun Ice Cream- Ind.</p>	<p>16 Vegetable Korma Lemon Rice Toor Dal Vegetarian Soup Pumpnickel Bread Fresh Orange</p>
<p>19 Cheese Omelet W/ Salsa Roasted Red Potatoes Spinach & Mushrooms Tomato & Cucumber Salad Whole Wheat Bread Fruit Salad</p>	<p>20 Toor Dal Lemon Rice Broccoli Vegetarian Split Pea Soup Rye Bread Yogurt- Ind.</p>	<p>21 Channa Masala Vegetable Biryani Mixed Vegetable Blend Tossed Salad W/ Cucumber Multigrain Bread Applesauce- Ind.</p>	<p>22 Mushroom Ragout Wide Noodles Spinach Minestrone Soup Pumpnickel Bread Fruit Cup- Ind.</p>	<p>23 Tofu Vegetable Stir Fry Brown Rice Asian Blend Vegetables Mixed Green Salad W/ Oranges Whole Wheat Dinner Roll Fortune Cookie</p>
<p>26 Gobhi Matar Saffron Rice Carrots- Coined Vegetarian Soup Rye Bread Yogurt- Ind.</p>	<p>August Celebration 27 Eggplant Rollatini Penne Pasta Italian Blend Vegetables Caesar Salad Whole Wheat Dinner Roll Birthday Cake</p>	<p>28 Vegetable Korma Lemon Rice Toor Dal Shredded Lettuce 6" Whole Wheat Tortilla Fruit Cup- Ind.</p>	<p>29 Tuna Salad Potato Salad Lettuce, Tomato, & Onion Butternut Squash Soup Club Roll- Sliced Fruit Salad</p>	<p>30 Manicotti W/ Cheese Basil Pesto Cream Spinach Zucchini & Stewed Tomatoes Whole Wheat Bread Jello- Ind.</p>



Planning For Summer Celebrations

As the summer barbecues 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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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



Office of Aging & Disabled Services
732-745-3295

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