

Menu Subject to Change. 1% Milk and coffee or tea served with each meal. **Fat Free / Skim Milk and Diabetic Desserts available upon request.** (Dd = Diabetic dessert)

ESSEX COUNTY NUTRITION PROGRAM
Congregate Program
June 2019

Mon	Tue	Wed	Thurs	Fri
3	4	5	6	7
Split Pea Soup Pepper Steak with Gravy Egg Noodles Carrot Coins Rye Bread / Margarine Sliced Peaches (Dd Cn Fruit)	Chicken Noodle Soup Tuna Salad on Sliced Tomatoes Potato Salad Three Bean Salad Round Roll / Margarine Fruit Cocktail (Dd Cn Fruit)	Creole Baked Chicken Leg with Peppers and Onions Brown Rice Broccoli Spears Whole Wheat Bread / Margarine Pear Slices (Dd Cn Fruit)	Navy Bean Soup Pork Chop with Honey Dijon Sauce Baked Sweet Potato Creamed Spinach Rye Bread / Margarine Mandarin Oranges (Dd Cn Fruit)	Stuffed Cabbage Mashed Potatoes Baby Peas Antipasto Salad / Italian Dressing Wheat Bread / Margarine Fresh Fruit in Season (Dd Fresh Fruit)
10	11	12	13	14
Southwest Black Bean Soup Chicken Salad on Sliced Tomatoes Macaroni Salad Beet and Diced Onion Salad Round Roll / Margarine Pineapple Tidbits (Dd Cn Fruit)	Swedish Meatballs with Gravy Mashed Potatoes Baby Carrots Whole Wheat Bread / Margarine Frozen Yogurt Cup (Dd Fresh Fruit)	Broccoli Stuffed Fish / Tartar Sauce Cubed Sweet Potatoes Baby Peas Rye Bread / Margarine Strawberry Applesauce (Dd Cn Fruit)	Barbequed Chicken Scalloped Potatoes California Mixed Vegetables Whole Wheat Bread / Margarine Pineapple Tidbits (Dd Cn Fruit)	<i>Closed</i>
17	18	19	20	21
<i>Father's Day Celebration</i> Beef Pot Roast with Gravy Baked Stuffed Potato Creamed Spinach Tomato Vinaigrette Rye Bread / Margarine Mini Éclair (Dd Fresh Fruit)	Roasted Balsamic Chicken Fillet with Sun-dried Tomatoes Mashed Potatoes Broccoli Spears Rye Bread / Margarine Fruit Cocktail (Dd Cn Fruit)	Garden Vegetable Soup Eggplant Rotini (1) / Sauce Meatballs (2) with Red Sauce Fresh Spinach with Mushrooms and Onion Salad / Italian Dressing Whole Wheat Bread / Margarine Pear Slices (Dd Cn Fruit)	Beef Barley Soup Seafood Salad on Lettuce Chickpea and Onion Pasta Salad Carrot Raisin Salad Round Roll / Margarine Fresh Berries (Dd Same)	Hamburger on Bun with Lettuce Leaves, Onion & Tomato Slices / Ketchup / Mustard Baked Beans Coleslaw Frozen Yogurt Cup (Dd Fresh Fruit)
24	25	26	27	28
Stuffed Pepper Mashed Potatoes Baby Peas Chickpea and Onion Vinaigrette Rye Bread / Margarine Peach Slices (Dd Cn Fruit)	Lentil Soup Boneless Barbeque Beef Rib with Sauce Baked Sweet Potato Chopped Spinach Rye Bread / Margarine Applesauce (Dd Cn Fruit)	Minestrone Soup Tuna Noodle Salad over Shredded Lettuce Three Bean Salad Beet and Onion Salad Round Roll / Margarine Mandarin Oranges (Dd Cn Fruit)	Chicken Murphy Wild Rice Dressing Harvard Beets Tomato Cucumber Onion Vinaigrette Rye Bread / Margarine Vanilla Birthday Cake (Dd Fresh Fruit)	Mild Western Turkey Chili Brown Rice California Mixed Vegetables Low Fat Corn Muffin / Margarine Pineapple Tidbits (Dd Cn Fruit)

This program is funded through a grant from the Essex County Division of Senior Services