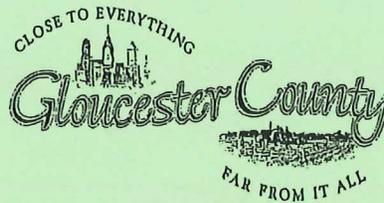


GLOUCESTER COUNTY SENIOR NUTRITION PROGRAM
July 2016

Monday	Tuesday	Wednesday	Thursday	Friday
				1 Happy 4th of July! Cheeseburger on a Bun w/Lettuce & Tomato w/Onions Macaroni Salad Cole Slaw Cantaloupe Milk
4 4th of July! All Nutrition Sites ARE CLOSED!	5 Italian Sausage w/Pasta & Sauce Garlic Green Beans Cucumber, Onion and Tomato Salad with French Dressing Roll Parmesan Cheese Chocolate Pudding Milk	6 Teriyaki Chicken Thighs w/ Sauce Rice Vegetable Medley Dinner Roll Pineapple Tidbits Milk	7 Cream of Broccoli Soup/ Crackers Seafood Salad on Lettuce Leaf Sliced Tomato Potato Salad Wheat Bread Banana Milk	8 Salisbury Steak w/Gravy Scalloped Potatoes Broccoli Rye Bread Watermelon Milk
11 Potato Encrusted Fish Macaroni & Cheese Stewed Tomatoes Wheat Bread Ketchup/Tartar Sauce Mandarin Oranges Milk	12 Hot Roast Beef w/Gravy Garlic Mashed Potatoes Brussels Sprouts Sandwich Roll Fresh Peach Milk	13 Beef Barley Soup/Crackers Tuna Salad on Lettuce Leaf w/ Sliced Tomato Macaroni Salad 3 Bean Salad Wheat Bread Pear Milk	14 BRING A FRIEND!!!! Spaghetti & Meatballs w/Sauce & Parmesan Cheese Tossed Salad/Tomato w/Dressing Capri Blend Vegetables Dinner Roll Cake Milk	15 BBQ Chicken Red Skinned Potatoes Green Peas and Carrots Sandwich. Roll Cantaloupe Milk
18 Roast Pork w/Gravy Paprika Potatoes Broccoli Florets Rye Bread Pineapple Tidbits Milk	19 Vegetable Soup Seafood Salad on a Lettuce leaf Sliced Tomato Potato Salad Dinner Roll Chocolate Pudding Milk	20 Meatloaf w/ Gravy Mashed Potatoes Carrots Dinner Roll Orange Milk	21 Roasted Chicken Breast w/Gravy Sweet Potatoes and Apples Spinach Wheat Bread Peach Milk	22 Cheeseburger on a Bun Baked Beans Green Beans Watermelon Milk
25 BBQ Riblet Sautéed Onions Potato Salad Green Beans Roll Nectarine Milk	26 Roasted Chicken w/Gravy Bread Stuffing Glazed Carrots Rye Bread Tropical Fruit Salad Milk	27 Beef Swedish Meatballs w/ Gravy Buttered Noodles Broccoli Wheat Bread Birthday Cake Milk	28 Sliced Ham w/ Pineapple Sauce Mashed Sweet Potatoes Cabbage Wheat Bread Chocolate Chip Cookies Milk	29 Tuna Hoagie w/Lettuce & Tomato Carrot Raisin Salad Pasta Salad Watermelon Milk



KNOW YOUR SITES

BRING A FRIEND!!!!

JULY 14, 2016



Bring a senior from Gloucester County that has never attended The Nutrition Program, Once they visit and enjoy the Lunch & fellowship, They'll want to become a member.

- #1. Mantua.....10 to 2PM.....468-4773
(Joan Villanova)
- #2. Glassboro.....9 to 1PM.....881-6610
(Lou Weiss)
- #3. Thorofare.....9 to 1PM.....853-6496
(Norlynn Garlic)
- #4. Williamstown.....9 to 1PM.....728-1140
(Peggy Principato)
- #5. Franklinville.....9 to 1PM.....694-1413
(Brenda Eidam)
- #6. Paulsboro.....9 to 1PM.....423-3387



Nutrition Office
686-8327

Serv-a-Tray
686-8325

Partially funded under the cooperation of the Gloucester County Board of Chosen Freeholders, and the Title III of the Older Americans Act as amended in 1978.

Robert M. Damming
Freeholder Director

Jim Jefferson
Freeholder Liaison
Department of Health, Senior & Disability Services

Leona G. Mather
Director
Division of Senior Services

The County of Gloucester complies with all state and federal rules and regulations and does not discriminate on the basis of age, race, creed, color, national origin, ancestry, marital status, affectional or sexual orientation, gender identity or expression, disability, nationality or sex in admission to, access to, or operations of its programs, services, activities or in its employment practices. In addition, Gloucester County encourages the participation of people with disabilities in its programs and activities and offers special services to all County residents 60 years of age and older. Inquiries regarding compliance may be directed to the EEO office at (856) 384-6903 or through the County's ADA Coordinator at (856) 384-6842/New Jersey Relay Service 711.