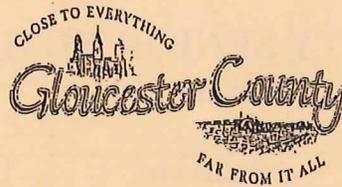


GLOUCESTER COUNTY SENIOR NUTRITION PROGRAM

October 2016

Monday	Tuesday	Wednesday	Thursday	Friday
3 Minestrone Soup/ Crackers BBQ Chicken Red Skinned Potatoes Green Peas and Carrots Roll Apricots Milk	4 Spaghetti & Meatballs w/Sauce Parmesan Cheese Tossed Salad & Tomato w/Dressing Capri Blend Vegetables Dinner Roll Cake Milk	5 Potato Encrusted Fish Macaroni & Cheese Stewed Tomatoes Wheat Bread Tartar Sauce Mandarin Oranges Milk	6 Beef Barley Soup/Crackers Hot Roast Beef w/Gravy Garlic Mashed Potatoes Brussels Sprouts Roll Peaches Milk	7 Tuna Salad on Lettuce Leaf w/ Sliced Tomato Macaroni Salad 3 Bean Salad Wheat Bread Peas Milk
10 COLUMBUS DAY! ALL NUTRITION SITES ARE CLOSED!	11 Cheeseburger on a Bun Baked Beans Green Beans Fruit Cocktail Milk	12 Baked Potato Soup/Crackers Chicken Caesar Salad w/Dressing & Croutons Parmesan Cheese Pasta Salad Dinner Roll Chocolate Pudding Milk	13 Roast Pork w/Gravy Paprika Potatoes Broccoli Florets Rye Bread Pineapple Milk	14 Meatloaf w/ Gravy Mashed Potatoes Carrots Dinner Roll Orange Milk
17 Ham w/ Pineapple Sauce Mashed Sweet Potatoes Cabbage Wheat Bread Chocolate Chip Cookies Milk	18 Tomato Soup/Crackers Turkey Hoagie w/lettuce & Tomato Macaroni Salad Carrot Raisin Salad Fruited Jell-O Milk	19 Rib let w/BBQ Sauce & Sautéed Onions Boiled Potatoes Green Beans Roll Apricots Milk	20 Vegetable Soup/Crackers Roasted Chicken w/ Gravy Stuffing Glazed Carrots Rye Bread Fruit Salad Milk	21 Swedish Meatballs w/Gravy Buttered Noodles Broccoli Wheat Bread Banana Milk
24 Sweet and Sour Chicken w/ peppers & onions Brown Rice Japanese Vegetables Roll Fruit Cocktail Milk	25 Chef's Salad w/Tomato, Ham, Egg & Cheese w/dressing Pasta Salad Wheat Bread Pineapple Milk	26 Roast Beef w/Gravy Mashed Potatoes Peas and Carrots Wheat Bread Birthday Cake Milk	27 Baked Cheese Ziti w/ Sauce Sautéed Spinach Romaine Mix Salad w/Tomato, Parmesan Cheese & Dressing Italian Roll Peas Milk	28 Beef Hot Dog on a Bun Sauerkraut Baked Beans Roasted Potatoes Peaches Milk
31 Steak Sandwich w/ Fried Onions on a Roll Home Fried Potatoes Succotash Banana Milk				

MEALS ARE SUBJECT TO CHANGE



KNOW YOUR SITES



- #1. Mantua.....9:30AM to 1:30PM...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.