



DAN BENSON

COUNTY EXECUTIVE

The Nutrition program continues to grow! To make room for all participants, reserve your spot ahead of time.  
 If you cannot join us, make sure to cancel your reservation.  
 Thank you for your consideration.



**NOVEMBER 2024 (Pick either Standard or Vegetarian (Veg) Menu)**

Monday	Tuesday	Wednesday	Thursday	Friday	Site Activities
		<b>DAILY MEAL INCLUDES: MILK, MARGARINE AND HOT BEVERAGE</b> <i>MENU IS SUBJECT TO CHANGE WITHOUT NOTICE</i>		1. <u>STANDARD</u> <span style="float:right"><u>VEG</u></span>  <b>Staff Training</b> <b>Nutrition Closed</b>	<b>John O. Wilson</b>  11/7/2024 - "Healthy Outlooks"  -Lisa Kuafman, Mercer Council
4. <u>STANDARD</u> <span style="float:right"><u>VEG</u></span> Hamburger w/American Cheese Egg Salad Ketchup & Mayo Coleslaw Baked Beans Coleslaw WW Hamburger Bun TOMATO SOUP LETTUCE & TOMATO FRESH TANGERINE	5. <u>STANDARD</u> <span style="float:right"><u>VEG</u></span>  <b>Election Day</b> <b>Nutrition Closed</b>	6. <u>STANDARD</u> <span style="float:right"><u>VEG</u></span> Cheese Omelet Veggie Bean Chili Sausage Patty w/Tofu O'Brien Potatoes Tri-Color Potatoes Salsa Corn & Red Peppers  JUICE APPLE SLICES	7. <u>STANDARD</u> <span style="float:right"><u>VEG</u></span> Beef Stew Tagine Stew Couscous Rice  JUICE DINNER ROLL VANILLA YOGURT	8. <u>STANDARD</u> <span style="float:right"><u>VEG</u></span> General Tso Chicken Mac & Cheese Brown Rice Broccoli Oriental Vegetable Blend  JUICE DINNER ROLL PEACH CUP	<b>East Windsor</b>  11/8/2024 - "Winter Safety"  -Yontan Gershon, Mercer County Dept of Health
11. <u>STANDARD</u> <span style="float:right"><u>VEG</u></span>  <b>Veteran's Day</b> <b>Nutrition Closed</b>	12. <u>STANDARD</u> <span style="float:right"><u>VEG</u></span> Kielbasa w/Mustard Cheese Omelet O'Brien Potatoes Oven Roasted Potatoes Coleslaw Peppers & Onions Peppers & Onions French Toast w/ Club Roll Syrup  JUICE STRAWBERRY/BANAN YOGURT	13. <u>STANDARD</u> <span style="float:right"><u>VEG</u></span> Cheese Pizza Fettuccini Alfredo Broccoli Peas & Carrots  MINISTRONE SOUP MANDARIN ORANGE	14. <u>STANDARD</u> <span style="float:right"><u>VEG</u></span> Pork Loin w/Brown Gravy Cheese Ravioli w/ Mashed Sweet Potatoes Tomato Sauce Collard Greens Mozz. Cheese Sugar Snap Peas  JUICE GARDEN SALAD w/RANCH DRESSING CORN MUFFIN APPLESAUCE	15. <u>STANDARD</u> <span style="float:right"><u>VEG</u></span> Lasagna w/Meat Sauce White Bean Chicken Noodle Soup Cassoulet Italian Mixed Veg w/Barley Zucchini	<b>Hamilton</b>  11/13/2024 - "Unclaimed Property"  -Lori Jones, NJ Treasury Dept.
18. <u>STANDARD</u> <span style="float:right"><u>VEG</u></span> Chicken Cutlet w/Honey Egg Salad Mustard Coleslaw Hash Browns Coleslaw WW Hamburger Bun  TOMATO SOUP LEETUCE & TOMATO FRESH TANGERINE	19. <u>STANDARD</u> <span style="float:right"><u>VEG</u></span> Salisbury Steak Cheese Pizza W/Gravy Broccoli Egg Noodles Sugar Snap Peas WW Bread  JUICE GARDEN SALAD w/ITALIAN DRESSING FIG BAR	20. <u>STANDARD</u> <span style="float:right"><u>VEG</u></span> Crab Cake w/Tartar Veggie Bean Chili Sauce w/Tofu Mac & Cheese Tri-Color Potatoes Stewed Tomatoes Corn & Red Peppers  BUTTERNUT SOUP WW HAMBURGER BUN PEAR CUP	21. <u>STANDARD</u> <span style="float:right"><u>VEG</u></span> Roasted Turkey & Gravy Tagine Stew Mashed Potatoes Rice Brussel Sprouts  JUICE DINNER ROLL SWEET POTATO PIE	22. <u>STANDARD</u> <span style="float:right"><u>VEG</u></span> Chicken Parm w/Tomato Mac & Cheese Spaghetti w/Tomato Sauce Broccoli Parmesan  JUICE GARDEN SALAD w/RANCH DRESSING ITALIAN BREAD PINEAPPLE CHUNKS	<b>East Windsor</b>  11/15/2024 - "Walking In Balance"  -Linda Buckley, Henry J. Austin
25. <u>STANDARD</u> <span style="float:right"><u>VEG</u></span> Beef Chili Eggplant & Chickpea Stew w/Cheddar Cheese Brussel Sprouts Brown Rice  JUICE MIXED GREENS w/BALSAMIC VINAIGRETTE CORN MUFFIN BLUEBERRY FIG BAR	26. <u>STANDARD</u> <span style="float:right"><u>VEG</u></span> Italian Sausage w/ Cheese Omelet Tomato Sauce Oven Roasted Potatoes O'Brien Peppers & Onions Potatoes French Toast w/ Peppers & Onions Syrup Beef Barley Soup Club Roll TROPICAL MIXED FRUIT CUP	27. <u>STANDARD</u> <span style="float:right"><u>VEG</u></span> Chicken Pot Pit Fettuccini Alfredo Corn & Red Peppers Peas & Carrots  JUICE CAESAR SALAD DINNER ROLL GRAHAM CRACKERS	28. <b>Thanksgiving Day</b> <b>Nutrition Closed</b>	29. <b>Day After Thanksgiving</b> <b>Nutrition Closed</b>	<b>East Windsor</b>  11/19/2024 - "Gambling & Older Adults"  - Dan Meara, NJ Council on Compulsive Gambling
					<b>Hamilton</b>  11/20/2024 - "Estate Planning"  -Adam Lipps, Central Jersey Legal Services