

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>MIDDAY FRIENDSHIP MENU FEBRUARY 2017</b>		<b>1</b> Swedish Meatballs w/Gravy Egg Noodles Baby Carrots Romaine Salad w/Oranges Dinner Roll Vanilla Pudding Turkey Potato & Spinach Soup	<b>2</b> Chicken Marsala Brown Rice Mixed Peas Carrots Corn Carrot Raisin Salad Garlic Bread Chocolate Ice Cream Cup Roasted Butternut Squash Soup	<b>3</b> Baked Honey Glazed Ham Mashed Sweet Potatoes Spinach Tomato Vinaigrette Buttermilk Biscuit Chocolate Éclair Bar Split Pea Soup
<b>6</b> Eggplant Rolatini Penne w/Marinara Sauce Italian Mixed Vegetables Anti Pasto Salad Italian Bread Tropical Fruit Cup Minestrone Soup	<b>7</b> Baked Chicken Leg w/Gravy Oven Roasted Potatoes California Blend Vegetables Tossed Salad w/ Dressing Italian Slice Fruited Yogurt South West Black Bean Soup	<b>8</b> Pot Roast w/Gravy Mashed Potatoes Corn Romaine Salad w/ Mandarin Oranges Dinner Roll Fudge Pop Chicken Noodle Soup	<b>9</b> Beef Stroganoff Egg Noodles Glazed Baby Carrots Tomato Vinaigrette Dinner Roll Soft Oatmeal Raisin Cookie Winter Root Vegetable Soup	<b>10</b> Chicken Parmesan w/Grated Cheese Packets Penne Pasta Marinara Spinach Anti Pasto Salad Garlic Bread Raspberry Sherbet Baked Potato Soup
<b>13</b>  <b>LINCOLN'S BIRTHDAY ALL SITES CLOSED</b>	<b>14</b> Roast Loin of Pork w/Gravy and Applesauce Mashed Potatoes Green Beans Almandine Corn Bread Carrot Raisin Salad Valentine Cupcake Creamy Chicken and Mushroom Soup	<b>15</b> Breaded Chicken Filet w/ Lettuce, Tomato & Mayo Potato Wedges Peas Hamburger Bun Orange Creamsickle Pop Tomato Basil Soup	<b>16</b> Meatloaf w/ Gravy Brown Rice Collard Greens Beet and Onion Salad Dinner Roll Fruited Yogurt Cauliflower Chowder Soup	<b>17</b> California Burger on a Bun Lettuce, Tomato, & Onion Ketchup Seasoned Potato Wedges Vegetable Medley Three Bean Salad Vanilla Ice Cream Cup Sweet Potato Bisque Soup
<b>20</b>  <b>PRESIDENTS DAY ALL SITES CLOSED</b>	<b>21</b> Beef Taco Meat w/Taco Sauce w/Shredded Cheddar Cheese Spanish Rice Collard Greens Shredded Lettuce, Chopped Tomato (2X) Soft Taco Shells Soft Chocolate Chip Cookie Chicken Gumbo Soup	<b>22</b> (2X) Hot Dogs w/Sauerkraut Mustard, Ketchup, Relish Home Fries Corn Sugar Free Fruited Jell-o (2X) Hot Dog Buns Fruited Yogurt Caldo Verde Soup	<b>23</b> Chicken Stir Fry w/ Soy and Duck Sauce Brown Rice Tropical Fruit Salad Chinese Noodles Chocolate Coconut Cake Egg Drop Soup Hungarian Mushroom Soup	<b>24</b> Roast Turkey Breast w/Gravy Mashed Potatoes Broccoli, Cauliflower, Carrots Cranberry Sauce Tossed Salad w/ Dressing Dinner Roll Strawberry Shortcake Bar Tomato Cheddar Soup
<b>27</b> Chicken Salad Lettuce & Tomato Three Bean Salad Beet and Onion Salad Rye Bread (2X) Chocolate Ice Cream Cup Cream of Broccoli Soup	<b>28</b> Cheese Lasagna Meatballs Italian Green Beans Anti Pasto Salad Garlic Bread Soft Oatmeal Raisin Cookie Curried Lentil w/Tomato Soup	Call <b>3</b> Days in Advance Parsippany Site: 973-884-1868 \$2.00 Donation		

TAMMI BROWN - DIRECTOR

PLEASE CALL 973-285-6856 FOR THE NUTRITION CENTER NEAR YOU!

MENU IS SUBJECT TO CHANGE