

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

MIDDAY FRIENDSHIP MENU JUNE 2017

Call 3 Days in Advance

Parsippany Site
973-884-1868
\$2.00 Donation



1
BBQ Chicken
Red Beans and Rice
Glazed Baby Carrots
Romaine w/ Mandarin Oranges
and Dressing
Dinner Roll
Orange Sherbet
Minestrone Soup

2
Boneless Chicken Breast
Marsala
Penne Pasta
Sautéed Spinach
Tossed Salad w/ Dressing
Dinner Roll
Strawberry Sundae
Carrot Coconut Soup

5
Egg Salad
Lettuce & Sliced Tomatoes
Beet & Onion Salad
Carrot Raisin Salad
Rye (2X)
Fruited Yogurt
Kale, Tomato & Bean Soup

6
Lemon Fish Fillet w/ Tartar
Macaroni and Cheese
Stewed Tomatoes
Tossed Romaine Vinaigrette
Whole Wheat Roll
Chocolate Sundae
Lemon Basil Chicken w/Orzo
Soup

7
Chicken Cordon Bleu
Sweet Potatoes w/ Apples
Peas with Pearled Onions
Spring Mix w/ Dressing
Mixed Bridge Roll
Tapioca Pudding
Butternut Squash & Parmesan
Soup

8
Pot Roast w/Gravy
Mashed Potatoes
Broccoli, Cauliflower, Carrots
Romaine Salad w/ Mandarin
Oranges & Dressing
Dinner Roll
Lemon Sherbet
Mushroom Barley Soup

9
Tortellini Alfredo w/ Chicken
Italian Mixed Vegetables
Tomato and Onion Salad
Italian Bread
Tropical Fruit Salad
Roasted Eggplant w/Garlic
Soup

12
Polynesian Quartered Chicken
Rice Pilaf
Green Beans Almandine
Tossed Salad w/ Dressing
Dinner Roll
Vanilla Ice Cream Cup
Chicken Vegetable Soup

13
California Burger on a Bun
Lettuce, Tomato, & Onion
Ketchup
Baked Potato Wedges
Vegetable Medley
Carrot Raisin Salad
Mixed Fruit Cup
Sweet Potato Bisque Soup

14
Tuna Salad
Lettuce & Sliced Tomatoes
Cole Slaw
Beet and Onion Salad
Rye Bread (2X)
Orange Cream Sickle Pop
Lentil Soup

15
Chicken Divan
Sweet Potatoes & Apples
Cauliflower Au Gratin
Spring Mix Salad w/ Dressing
Mixed Bridge Roll
Fruited Yogurt
Caldo Verde Soup

16
Roast Loin of Pork w/Gravy
Au Gratin Potatoes
Mixed Vegetables
Applesauce
Wheat Dinner Roll
Father's Day Cupcake
Tomato Basil Soup

19
Roast Chicken w/ Gravy
Baked Potato
Asparagus
Deluxe Fruit Salad
Pumpnickel Bread
Black & White Cookie
Sweet Corn Chowder Soup

20
Turkey and Swiss (folded) w/
Mayonnaise
Lettuce & Sliced Tomatoes
Cole Slaw
Tomato Salad
Hard Roll
Chocolate Éclair Bar
Solstice Potato Soup

21
Kielbasa w/Sauerkraut w/
Mustard
Collard Greens
Roasted Red Potatoes
Applesauce
Hoagie Roll
Fruited Yogurt
Zucchini Mint Soup

22
Chicken Breast w/ Orange
Slice
Egg Barley w/ Mushrooms
Peas and Carrots
Spring Mix w/ Dressing
Cornbread
Rice Pudding
Chicken Tomato w/ Rice Soup

23
Stuffed Cabbage
Mashed Potatoes
Baby Carrots
Romaine Salad w/Oranges w/
Dressing
Dinner Roll
Chocolate Sundae
Cream of Spinach Soup

26
(2X) Hotdogs w/Sauerkraut
Mustard, Ketchup, Relish
Chili w/ Beans and Rice
California Blend Vegetables
Cole Slaw
(2X) Hot Dog Buns
Tropical Fruit Cup
Roasted Red Pepper Soup

27
Breaded Flounder Fillets w/
Tartar
Rice Medley
Sautéed Spinach
Tossed Salad w/ Dressing
Mixed Bridge Roll
Banana
Split Pea Soup

28
Oven Fried Chicken
Potato Wedges
Asparagus
Spring Salad w/ Vinaigrette
Pumpnickel Slice
Chocolate Éclair Bar
South West Turkey Soup

29
Roast Turkey Breast w/Gravy
Mashed Potatoes
Beets
Cranberry Sauce
Tossed Salad
Dinner Roll
Orange Sherbet
Curried Lentil w/ Tomato Soup

30
Ham and American Cheese
(folded) w/ Mustard
Lettuce & Sliced Tomatoes
Carrot Raisin Salad
Three Bean Salad
Wheat Bread (2X)
Fruited Yogurt
Creamy Cauliflower Soup

TAMMI BROWN-DIRECTOR

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

MENU IS SUBJECT TO CHANGE

