

**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**

