

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

MIDDAY FRIENDSHIP ACTIVITIES SEPTEMBER 2017

1
Parsippany-Tai Chi
Morristown-What are "Oils"?
Rockaway-Bingo
Long Hill-Site Picnic
Morristown-Low Fat Choices
From The Proteins Food Group

4

All Sites Closed

5

Parsippany-Bingo
Chatham-Easy Ways To Add
Physical Activity To Your Day
Morristown-Bingo
Jefferson-Walking Tape
Exercise
Chester-Importance Of Whole
Grains In Your Diet

6

Parsippany-Senior Fitness
Denville-Health Talk-
Alzheimer's Disease
Madison-Easy Ways To Add
Physical Activity To Your Day
Roxbury-Blood Pressure
Screening
Rockaway-Bingo

7

Parsippany-Bingo
Butler-Super Fruit That
Reverses Skin Aging-
"Pomegranate"
Jefferson-Chair Exercise
Dover-Bingo
Chatham-Tips To Help You Eat
Vegetables

8

Parsippany-Tai Chi
Morristown-Bingo
Morris Mews-Site Picnic
Long Hill-Why It Is So
Important To Eat Fish Each
Week
Denville-Kiwi Are A Good
Source Of Vitamin C

11

Parsippany-Line Dancing
Morristown-13 Things Your
Pharmacist Won't Tell You
Butler-Keeping Your Brain
Young
Madison-Five Super Foods For
Your Heart
Dover-Bingo

12

Morristown-Blood Pressure
Screening
Montville-Health Talk-
Alzheimer's Disease
Jefferson-Walking Tape
Exercise
Rockaway-Blood Pressure
Screening

13

Parsippany-Senior Fitness
Denville-Blood Pressure
Screening
Butler-Brighten Your Mood
With Apples
Madison-Bingo & Cards
Roxbury-Healthy Eating For An
Active Lifestyle

14

Parsippany-Bingo
Montville-States Trivia Quiz-
"Alabama"
Chatham-Five Super Foods For
Your Heart
Jefferson-Chair Exercise
Butler-Fall Clean Up!
Dover-Bingo

15

Parsippany-Tai Chi
Morristown-Bingo
Long Hill-Enjoy Life To Live
Longer
Roxbury-Potatoes Are A Good
Source Of Fiber
Rockaway-Bingo

18

Parsippany-Line Dancing
Butler-Soothe Tummy Troubles
With Seltzer
Jefferson-Healthy Eating For An
Active Lifestyle
Dover-Bingo
Long Hill-Vitamin C Is
Important For All Body Repair

19

Parsippany-Bingo
Montville-Blood Pressure
Screening
Morristown-Bingo
Chatham-Important To Handle
Leftovers With Care
Jefferson-Bingo
Rockaway-Bingo

20

Parsippany-Senior Fitness
Roxbury-Bingo
Butler-Eating Fruits And
Vegetables May Reduce Risk
For Heart Attack And Stroke
Rockaway-Bingo
Mt. Olive-Importance Of
Whole Grains In Your Diet

21

Parsippany-Bingo
Morristown-Surprisingly
Ordinary Allergy Triggers
Jefferson-Potatoes Are A Good
Source Of Fiber
Dover-Bingo
Chatham-What Counts As a
Cup Of Fruit?

22

Parsippany-Tai Chi
Morristown-Bingo
Madison-Important To Handle
Leftovers With Care
Roxbury-Be Food Safe
Rockaway-Bingo
Morris Mews-Vitamin A Keeps
Eyes And Skin Healthy

25

Parsippany-Line Dancing
Denville-States Trivia Quiz-
"Alabama"
Madison-Signs And Symptoms
Of A Heart Attack
Jefferson-Kiwi Are A Good
Source Of Vitamin C
Dover-Bingo

26

Parsippany-Bingo
Chatham-Signs And Symptoms
Of A Heart Attack
Morristown-Bingo
Jefferson-Walking Tape
Exercise
Rockaway-Bingo

27

Parsippany-Senior Fitness
Madison-Tips To Help You Eat
Vegetables
Roxbury-Bingo
Chatham-What Counts As a
Cup Of Fruit?
Rockaway-Bingo

28

Parsippany-Bingo
Butler-The Truth About Bacon
Jefferson-Chair Exercise
Dover-Bingo
Morris Mews-Eating Fruits And
Vegetables May Reduce Risk
For Heart Attack And Stroke

29

Parsippany-Tai Chi
Morristown-Birthday
Celebration
Madison-Bingo
Long Hill-Importance Of
Potassium In Your Diet
Rockaway-Bingo

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MIDDAY FRIENDSHIP MENU SEPTEMBER 2017

Call 3 Days in Advance
Parsippany Site
973-884-1868
\$2.00 Donation

1
Stuffed Shells w/ Cheese
Packets
(2X) Meatballs
Italian Green Beans
Antipasto Salad
Italian Slice
Tropical Fruit Cup
Cheesy Tomato Soup

4

Happy Labor Day!
All Sites Closed

5
2X) Hot Dogs w/
Mustard, Ketchup, Relish
Sauerkraut
Baked Beans
Carrot Raisin Salad
(2X) Hot Dog Buns
Toasted Almond Bar
Sweet Potato Bisque Soup

6
Tuna Salad
Lettuce and Sliced Tomatoes
Cole Slaw
Three Bean Salad
Rye Bread (2X)
Fruited Yogurt
Beef Vegetable Soup

7
Pepper Steak w/ Soy Sauce
Brown Rice
California Blend Vegetables
Greek Salad w/ Dressing
Dinner Roll
Chocolate Pudding
Chicken Noodle Soup

8
Chicken Divan
Sweet Potatoes & Apples
Cauliflower Au Gratin
Romaine w/ Mandarin
Oranges & Dressing
Mixed Bridge Roll
Orange Cream Sickle
Creamy Spinach Soup

11
Kielbasa w/ Mustard
Red Potatoes
Red Cabbage
Tossed Salad w/ Dressing
Hoagie Roll
Fruited Yogurt
Split Pea Soup

12
Turkey and Swiss (folded) w/
Mayonnaise
Lettuce & Sliced Tomatoes
Cole Slaw
Diced Tomato & Onion Salad
Hard Roll
Pineapple Slices w/ Coconut
Sweet Corn Chowder Soup

13
Brisket of Beef
Mashed Sweet Potatoes
Green Beans
Gelatin Salad
Rye Slice
Chocolate Cake
Mushroom Barley Soup

14
Stuffed Fish Fillets w/ Tartar
Rice Medley
Sautéed Spinach
Carrot Raisin Salad
Dinner Roll
Strawberry Sundae
Lemon Basil Chicken w/Rice
Soup

15
Roast Chicken w/ Gravy
Baked Potato
Asparagus
Beet & Onion Salad
Pumpnickel Slice
Cinnamon Apple Slices
Lentil Soup

18
Breaded Flounder Fillets w/
Tartar
Rice Pilaf
Garden Vegetables
Tossed Salad w/ Dressing
Mixed Bridge Roll
Banana
Carrot Coconut Soup

19
Beef Stew
Red Roasted Potatoes
Green & Yellow Zucchini
Three Bean Salad
Dinner Roll
Oatmeal Raisin Cookie
Navy Bean Soup

20
Herb Roasted Chicken
Brown Rice
Peas and carrots
Spring Mix w/ Dressing
Dinner Roll
Sugar Free Jell-O Cup
Chicken Tomato/Rice Soup

21
Chicken Salad
Lettuce and Tomato
Beet & Onion Salad
Creamy Cole Slaw
Rye (2X)
Fruited Yogurt
Roasted Eggplant w/Garlic
Soup

22
Pot Roast w/ Gravy
Mashed Potatoes
Glazed Carrots
Cucumber & Onion Salad
Dinner Roll
Vanilla Ice Cream Cup
Baked Potato Soup

25
California Burger on a Bun w/
Lettuce, Tomato & Onion
Baked Beans
Mixed Vegetables
Tropical Fruit Salad Cup
Soft Chocolate Chip Cookie
Cream of Chicken Soup

26
Chicken Cordon Bleu
Sweet Potatoes w/ Apples
Peas with Pearled Onions
Spring Mix w/ Dressing
Mixed Bridge Roll
Fruited yogurt
Roasted Red Pepper Soup

27
Eggplant Parmesan w/ Cheese
Packets
Penne w/Marinara Sauce
Asparagus
Antipasto Salad
Italian Bread
Black & White Cookie
Minestrone Soup

28
Roast Loin of Pork w/Gravy
Mashed Potatoes
Sautéed Spinach
Greek Salad w/ Dressing
Rye Slice
Chocolate Sundae
Black Eyed Pea/w Ham Soup

29
Ham and American Cheese
(folded) w/ Mustard
Lettuce & Sliced Tomatoes
Three Bean Salad
Creamy Cole Slaw
Wheat Bread (2X)
Vanilla Pudding Cup
Broccoli Cheddar Soup

TAMMI BROWN-DIRECTOR

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

MENU IS SUBJECT TO CHANGE