# MIDDAY FRIENDSHIP MENU

**SEPTMBER 2019**

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**MONDAY**
- Happy Labor Day!
- All Site Closed

**TUESDAY**
- (2X) Hotdogs w/ Sauerkraut Mustard, Ketchup, Relish
- Potato Coins
- Green Beans Almandine
- Sugar Free Fruited Jell-O
- (2X) Whole Grain Hotdog Buns
- Chocolate Sundae
- Italian Wedding Soup

**WEDNESDAY**
- Herb Roasted Chicken
- Rice Medley
- Green and Yellow Zucchini w/ Tomato Sauce
- Four Bean Salad
- Spitz Roll
- Applesauce Cups
- Chicken Noodle Soup

**THURSDAY**
- Baked Honey Glazed Ham
- Mashed Sweet Potatoes
- Herbed Green Beans
- Spinach Salad w/ Honey Mustard Dressing
- Buttermilk Biscuit
- Vanilla Ice Cream Cup
- Tomato Rice Soup

**FRIDAY**
- Meatloaf w/ Gravy
- Mashed Potatoes
- Mixed Peas, Carrots & Corn
- Caesar Salad w/ Dressing
- Dinner Roll
- Rice Pudding Cup w/ Topping
- Beef Vegetable Soup

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**9**
- Chicken Tenders w/ Honey Mustard
- Seasoned Potato Wedges Corn
- Three Bean Salad Whole Wheat Hamburger Bun
- Soft Chocolate Chip Cookie
- Chicken Rice Soup

**10**
- Lemon Fish Fillet w/ Tartar Sauce
- Macaroni and Cheese
- Stewed Tomatoes
- Tossed Salad w/ Dressing
- Spitz Roll
- Chocolate Pudding w/ Topping
- Lentil Soup

**11**
- Stuffed Cabbage
- Mashed Potatoes Mixed Vegetables
- Spring Mix w/ Dressing Pumpernickel Slice
- Ice Cream Cup
- Turkey Vegetable Soup

**12**
- Knockwurst w/ Sauerkraut & Mustard Packets
- Red Potatoes Glazed Carrots
- Tossed Salad w/ Dressing Hoagie Roll
- Low Fat Fruited Yogurt Beef Barley Soup

**13**
- Baked Pork Chop w/ Gravy Potatoes Au Gratin
- Italian Green Beans Cole Slaw
- Dinner Roll Orange
- Chicken Noodle Soup

**16**
- Lasagna Rolette's w/ Cheese Packets
- Meatballs in Extra Sauce
- Italian Green Beans Anti-Pasto Salad w/ Lettuce
- Italian Slice
- Banana Mincemeat

**17**
- Pot Roast w/ Gravy
- Mashed Potatoes Lima Beans
- Carrot Raisin Salad
- Dinner Roll Orange Creamsicle
- Chicken Noodle Soup

**18**
- Baked Chicken Leg
- Red Beans and Rice Sautééd Collard Greens
- Tossed Salad w/ Mandarin Oranges & Dressing
- Corn Muffin
- Low Fat Fruited Yogurt Vegetable Soup

**19**
- Tortilla Fish Fillet
- Spanish Rice
- Corn & Black Beans
- Beet & Onion Salad Whole Wheat Slice Soft Oatmeal Cookie Split Pea Soup

**20**
- Swedish Meatballs w/ Gravy
- Buttered New Potatoes
- Succotash
- Applesauce Cups
- Dinner Roll Ice Cream Cup
- Lentil & Bean Soup

**23**
- Roast Turkey Breast w/ Gravy Apple Raisin Stuffing
- Creamed Spinach Cranberry Sauce
- Tomato Vinaigrette
- Dinner Roll Chocolate Ice Cream Cup
- Chicken Vegetable Soup

**24**
- Corned Beef w/ Mustard
- Oven Roasted Red Potatoes Red Cabbage Gelatin Salad
- Spitz Roll Fresh Donut
- Navy Bean Soup

**25**
- Polynesian Quartered Chicken Rice Pilaf Carrot Coins
- Spring Salad w/ Vinaigrette Dinner Roll Pineapple Slices w/ Coconut Beef Orzo

**26**
- California Burger (Advanced Pierre Brand) on a Bun Lettuce, Tomato, & Onion Ketchup
- Potato Coins Mixed Vegetables Chocolate Éclair Bar
- Cream of Spinach Soup

**27**
- Boneless Chicken Breast Marsala
- Rice Medley
- Peas & Pearl Onions Tossed Salad w/ Dressing Spitz Roll
- Chocolate Sundae Beef Noodle Soup

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TAMMI BROWN-DIRECTOR

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

MENU IS SUBJECT TO CHANGE