

SEPTEMBER 2023: MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				<p>1 3 oz Roasted Turkey 2oz Gravy ½ c. Bread Stuffing ½ c. Glazed Carrots 1 slice Whole Wheat Bread ½ c. Tropical Fruit Salad (pineapple, papaya)/8 oz. 2% Milk</p>
<p>4 CENTER CLOSED: LABOR DAY</p>	<p>5 6 oz. Sweet and Sour Chicken w/peppers and onions ½ c. Brown Rice ½ c. Japanese Vegetables 1.1 oz. Roll ½ c. Vanilla Pudding 8 oz. 2% Milk</p>	<p>6 8oz Escarole Soup/ Crackers ½ c. Tuna Salad ½ c. Potato Salad ½ c. Cucumber Salad 1 slice Wheat Bread Fresh Orange 8 oz. 2% Milk</p>	<p>7 Chef's Salad/Tomato and 3 oz. Ham Turkey, Egg and Cheese ½ c. Pasta Salad 1 slice Wheat Bread 2 T French Dressing ½ c. Pineapple 8 oz. 2% Milk</p>	<p>8 3 oz. Beef Meatballs ½ c. Cheese Ziti 2 oz. Marinara Sauce ½ c. Sautéed Spinach Parmesan Cheese 2 oz. Hoagie Roll ½ c. Pears/8 oz. 2% Milk</p>
<p>11 8 oz. Tomato Soup/ Crackers 3 oz. Beef Meatloaf 2 oz. Gravy ½ c. Mashed Potatoes ½ c. Beets 1 slice Wheat Bread Brownie/8 oz. 2% Milk</p>	<p>12 3 oz. Chicken Cheese Steak Sandwich Fried Onions/1.6 oz. Hoagie Roll ½ c. Home Fried Potatoes ½ c. Succotash (corn/lima beans) Banana/8 oz. 2% Milk</p>	<p>13 8 oz. Pea Soup 3 oz. Crab Cake/Tartar/Cocktail Sauce ½ c. Macaroni and Cheese ½ c. Stewed Tomato/Zucchini 1 slice Wheat Bread ½ c. Peaches/8 oz. 2% Milk</p>	<p>14 Turkey Hoagie (3 oz. Meat/Cheese, Hoagie Roll) ½ c. Lettuce and Tomato ½ c. Potato Salad 1 packet Mayonnaise Apple 8 oz. 2% Milk</p>	<p>15 3 oz. Chicken Florentine/2 oz. Sauce ½ c. Rice/½ c. Carrots 1 c. Tossed Salad/Tomato 2 T. Creamy Italian Dressing 1 slice Wheat Bread Sugar Cookies/8 oz. 2% Milk</p>
<p>18 3 oz. Beef Sloppy Joe ½ c. Noodles ½ c. Mixed Vegetables 1.4 oz. Hamburger Roll Parmesan Cheese ½ c. Fruit Cocktail (pineapple, peach, pear, grapes, cherries) 8 oz. 2% Milk</p>	<p>19 3 oz. Cheese Omelet ½ c. Roasted Potatoes, Peppers, Onions ½ c. Spinach 1 slice Wheat Bread 1 Orange 8 oz. 2% Milk</p>	<p>20 3 oz. Beef Salisbury Steak 2 oz. Gravy ½ c. Scalloped Potatoes ½ c. Broccoli 1 slice Whole Wheat Bread ½ cup Pineapple 8 oz. 2% Milk</p>	<p>21 8 oz. Baked Potato Soup/ Crackers 4 oz. Seafood Salad Lettuce Leaf w/ Sliced Tomato/4 oz. Pickled Beets 1 slice Wheat Bread ½ c. Chocolate Pudding 8 oz. 2% Milk</p>	<p>22 3 oz. Chicken Parmesan 4 oz. Pasta 2 oz. Tomato Sauce ½ c. Garlic Green Beans 1 slice Wheat Bread Parmesan Cheese Banana/8 oz. 2% Milk</p>
<p>25 3 oz. Breaded White Fish ½ c. Macaroni & Cheese ½ c. Stewed Tomatoes 1 slice Wheat Bread/ Ketchup/Tartar Sauce ½ c. Tropical Fruit Salad (pineapple, papaya)/8 oz. 2% Milk</p>	<p>26 8 oz. Minestrone Soup/ Crackers 3 oz. BBQ Chicken Leg ½ c. Mashed or Red Skin Potatoes ½ c. Green Peas and Carrots 1.4 oz. Roll ½ c. Mandarin Oranges 8 oz. 2% Milk</p>	<p>27 8 oz. Spaghetti /3oz Pork Sausage 2 oz. Tomato Sauce/Parm. cheese 1 c. Tossed Salad/Tomato 1 pack Italian Dressing ½ c. Capri Blend Vegetables (squash, green beans, broccoli, carrots, cauli., peppers, lima beans)/1.1 oz. Dinner Roll Birthday Cake/8 oz. 2% Milk</p>	<p>28 8 oz. Beef Barley Soup/Crackers 3 oz. Tuna Salad on Lettuce Leaf w/ Sliced Tomato ½ c. Macaroni Salad ½ c. 3 Bean Salad 1 slice Wheat Bread 1 Pear 8 oz. 2% Milk</p>	<p>29 3 oz. Hot Roast Beef Sandwich 2 oz. Gravy ½ c. Garlic Mashed Potatoes ½ c. Brussels Sprouts 1.1 oz. Dinner Roll ½ c. Vanilla Ice Cream 8 oz. 2% Milk</p>

SEPTEMBER 2023: SOCIAL SCHEDULE (all schedules subject to change)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 Amish Market 12:30pm Activity Committee, room 105
4 CENTER CLOSED: LABOR DAY	5 Shoprite, Dollar Store 12:30pm Activity Committee, room 105	6 Shoprite, Burlington Coat 12:30pm Dollar Store	7 Amish Market 12:30 pm Dancing with Helene	8 Ollie's 11:45 am Exercise with Lewan 12:30 pm Gentle Yoga, dining room
11 Lidl, Big Lots 11:45 am Exercise with Lewan 12:30pm Entenmann's Outlet	12 Ross, 5 Below 12:30pm Gentle Yoga, dining room	13 Ocean State Job Lot 12:30 pm Assemblyman Moriarty on 'Stay NJ' & Senior programs in NJ	14 Salvation Army 11:45 am Exercise with Lewan 12:30 pm Samaritan Hospice presentation	15 Shoprite, Burlington 11:45 am Exercise with Lewan 12:30pm We Love Camden County Bingo
18 Target, Big Lots 1230pm Dancing with Helene	19 Walmart 11:45am Exercise with Lewan 12:30pm Entenmann's Outlet	20 Forman Mills 11:45 am Exercise with Lewan 12:30pm Samaritan Hospice presentation	21 Adli, Big Lots 12:30 pm We Love Camden County Bingo	22 Walmart 11:45am Exercise with Lewan 12:30 pm Dollar Store
25 Aldi, Dollar Store 12:30 pm Gentle Yoga, dining room	26 Pastore Farm Market 12:30 pm Dollar Store	27 Walmart 12:30 pm Duffield's Farm Market	28 Ocean State Job Lot 12:30 pm Duffield's Farm Market	29 Ocean State Job Lot