

**May 2024 Vegetarian Menu**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>Please note that all menus:</b></p> <ul style="list-style-type: none"> <li>- May change due to unforeseen circumstances.</li> <li>- Include 8oz. 1% milk and 4oz. 100% juice.</li> <li>- HD and diabetic clients will receive light or sugar-free desserts.</li> </ul>		<p><b>1</b></p> <p>Vegetable Biryani                  Vegetable Medley                  Pasta Salad                  Dinner Roll                  Cookie</p>	<p><b>2</b></p> <p>Paneer Tikka Masala                  Cilantro Rice                  Peas and Carrots                  Caesar Salad w/ Croutons                  Club Roll                  Fresh Apple</p>	<p><b>3</b></p> <p>Chana Masala                  Saffron Rice                  Cauliflower                  Cole Slaw                  Pumpernickel Bread                  Yogurt</p>
<p><b>6</b></p> <p>Navratan Korma                  Chickpea Biryani Rice                  Aloo Gobi                  Lentil Soup                  Multi Grain Bread                  Fig Newton Cookies</p>	<p><b>7</b></p> <p>Eggplant and Chickpea Stew                  Barley                  Brussel Sprout                  Potato Salad                  Dinner Roll                  Cookie</p>	<p><b>8</b></p> <p>Tomato Curry Lentil Stew                  Rice                  Cauliflower                  Spring Mix Salad w/ Tomatoes                  Rye Bread                  Apple Sauce</p>	<p><b>9</b></p> <p>Vegetable Makanwala                  Cilantro Rice                  Okra Masala                  Spinach Salad w/ Cranberries                  Club Roll                  Pineapple</p>	<p><b>10</b></p> <p>Veggie Pattie                  Black Beans and Tomato                  Cauliflower                  Lemon Chickpea Salad                  Hamburger Roll                  Diced Pears</p>
<p><b>13</b></p> <p>White Bean Cassoulet                  Barley Salad                  Zucchini                  Ambrosia Salad                  Croissant                  Yogurt</p>	<p><b>14</b></p> <p>Vegetable Tagine Stew                  Brown Rice                  Spinach Salad w/Cranberries                  Dinner Roll                  Oreo Cookies                  HDM: Lorna Doone Cookies</p>	<p><b>15</b></p> <p>Vegetarian Chili                  Rice                  Broccoli                  Ceasar Salad w/ Croutons                  Rye Bread                  Fresh Apple</p>	<p><b>16</b></p> <p>Mushroom Edamame Ragout                  Noodles                  Green Beans                  Cucumber and Tomato Salad                  Multi Grain Bread                  Peaches</p>	<p><b>17</b></p> <p>Vegetarian Salisbury Steak                  Mashed Potatoes                  Mixed vegetables                  Cole Slaw                  Whole Wheat Bread                  Mixed Fruit</p>
<p><b>20</b></p> <p>Tomato Curry Lentil Stew                  Rice                  Cauliflower                  Beet Salad                  Dinner Roll                  Fresh Orange</p>	<p><b>21</b></p> <p>Navratan Korma                  Chickpea Biryani Rice                  Aloo Gobi                  Corn Chowder                  Rye Bread                  Yogurt</p>	<p><b>22</b></p> <p>Eggplant and Chickpea Stew                  Barley                  Brussel Sprouts                  Spring Salad Mix w/ Tomatoes                  Garlic Bread                  Diced Pears</p>	<p><b>23</b></p> <p>Stew Vegetable Tagine                  Brown Rice                  Health Salad                  Multi Grain Bread                  Chocolate Pudding</p>	<p><b>24</b></p> <p>Vegetable Biryani                  Vegetable Medley                  Macaroni Salad                  Hamburger Bun                  Pineapple</p>
<p><b>27</b></p> <p><b>Holiday Office Closed</b></p>	<p><b>28</b></p> <p>Veggie Pattie                  Black Beans and Tomato                  Cauliflower                  Lemon Chickpea Salad                  WW Bread                  Mixed Fruit</p>	<p><b>29</b></p> <p>Paneer Tikka Masala                  Cilantro Rice                  Peas and Carrots                  Macaroni Salad                  Pumpernickel Bread                  Cookie</p>	<p><b>30</b></p> <p>Vegetable Makanwala                  Cilantro Rice                  Okra Masala                  Caesar Salad w/ Croutons                  Dinner Roll                  Fresh Apple</p>	<p><b>31</b></p> <p>White Bean Cassoulet                  Barley Salad                  Zucchini                  Carrot and Raisin Salad                  Multi Grain Bread                  Ice Cream                  HDM: Diet Vanilla Pudding</p>

## CARBOHYDRATE COUNTING: EASY AS 1-2-3

There are three types of carbohydrates:

1. **Sugars**, such as the natural sugar in fruit and milk or the added sugar in soda and many other packaged foods.
2. **Starches**, including wheat, oats, and other grains; starchy vegetables such as corn and potatoes; and dried beans, lentils, and peas.
3. **Fiber**, the part of plant foods that isn't digested but helps you stay healthy.

Sugars and starches raise your blood sugar, but fiber does not.

<b>Total Carbohydrate</b> 34g	<b>12%</b>
Dietary Fiber 4g	<b>14%</b>
Total Sugars 6g	
Includes 0g Added Sugars	<b>0%</b>

On the nutrition facts label, locate the total carbohydrate amount in one serving. Sugars are included in this amount, so you don't have to count it separately. **15 grams of carbohydrates equals one serving.** Dividing the total carbohydrate by 15 gives you the number of servings. In this example, 34 total carbohydrates divided by 15 equals 2 servings of carbohydrates. **An 1800 calorie diet allows for 4 servings of carbs per meal and 1 for a snack.**

There is no one-size-fits-all carbohydrate recommendation. The amount of carbohydrates one can consume depends on factors like your age, activity level, body composition, weight and whether you have diabetes. Reach out to your Healthcare Provider or a Registered Dietitian for further guidance and information.



Every May, the Administration for Community Living leads the nation's observance of Older Americans Month. The 2024 theme is Powered by Connection, which recognizes the profound impact meaningful relationships and social connection have on our health and wellbeing.

- Explore the role connectedness plays in supporting independence.
- Discuss how communities can combat isolation, loneliness, and other issues.

Join us in promoting flexible thinking about aging – and how we all benefit when older adults remain engaged, independent, and included. Communities that encourage the contributions of older adults are stronger!

Contact your local senior center for activities in your town during Older Americans Month



[middlesexcountynj.gov](http://middlesexcountynj.gov)

## NUTRITION RESOURCES

**RePLENISH** provides referrals to food pantries and soup kitchens throughout the County that offers assistance to Middlesex County Residents.



To learn more and locate food pantries, scan the QR code or visit [middlesexcountynj.gov/healthyfoodmap](http://middlesexcountynj.gov/healthyfoodmap)  
**732-729-0880**

## PROTECT YOURSELF FROM ABUSE, NEGLECT AND EXPLOITATION!

If you or others experience abuse or neglect in a community setting, Adult Protective Services (APS) is here to help. The APS mission is to ensure the safety and well-being of elders and dependent adults.

## CENTRAL JERSEY LEGAL SERVICES (CJLS)

CJLS is a non-profit law firm offering free legal help in civil (non-criminal) cases for low-income residents of Middlesex County. CJLS provides legal assistance for: Housing Problems, Family Law & Domestic Violence, Consumer Problems, Public Benefits & Employment, Access to Health Care and other health care issues.  
CJLS: 732-249-7600 or 732-324-1613  
[www.lsnj.org/cjls](http://www.lsnj.org/cjls)

## OFFICE OF AGING AND DISABLED SERVICES

Laila Caune, *Aging and Disabled Executive Director*

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