

May 2024 Regular Menu

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--|---|---|---|---|
| <p>Please note that all menus:</p> <ul style="list-style-type: none"> - May change due to unforeseen circumstances. - Include 8oz. 1% milk and 4oz. 100% juice. - HD and diabetic clients will receive light or sugar-free desserts. | | <p>1</p> <p>Boxed Lunch Chicken Salad Sandwich</p> | <p>2</p> <p>Italian Sausage Sub Penne Pasta w/ Marinara Sauce Peppers and Onions Caesar Salad w/ Croutons Club Roll Fresh Apple</p> | <p>3</p> <p>Chicken w/ Lemon & Capers Wild Rice Pilaf Mixed Vegetables Cole Slaw Pumpernickel Bread Yogurt</p> |
| <p>6</p> <p>Ham w/ Pineapple Sauce Roasted Red Skin Potatoes Peas and Carrots Lentil Soup Multi Grain Bread Fig Newton Cookies</p> | <p>7</p> <p>Boxed Lunch Turkey and Swiss Sandwich</p> | <p>8</p> <p>Pork Loin w/ Mushroom Gravy Barley Broccoli Florets Spring Mix Salad w/ Tomatoes Rye Bread Apple Sauce</p> | <p>9</p> <p>Kielbasa Pierogies w/ Sauteed Onions Sauerkraut Spinach Salad w/ Cranberries Club Roll Pineapple</p> | <p>10</p> <p>Stuffed Shells Italian Mixed Vegetables Lemon Chickpea Salad Garlic Bread Diced Pears</p> |
| <p>13</p> <p>Cheese Omelet Hash Browns Turkey Sausage Links Ambrosia Salad Croissant Yogurt</p> | <p>14</p> <p>Carved Turkey w/ Gravy Diced Sweet Potatoes Italian Mixed Vegetables Spinach Salad w/ Cranberries Dinner Roll Oreo Cookies HDM: Lorna Doone Cookies</p> | <p>15</p> <p>Stuffed Cabbage Brown Rice Pilaf Green Beans Ceasar Salad w/ Croutons Rye Bread Fresh Apple</p> | <p>16</p> <p>Meatloaf Mashed Potatoes w/ Gravy Brussel Sprouts Cucumber and Tomato Salad Multi Grain Bread Peaches</p> | <p>17</p> <p>Crab Cake Lemon Rice Sliced Carrots Cole Slaw Whole Wheat Bread Mixed Fruit</p> |
| <p>20</p> <p>Stuffed Chicken w/ Gravy Mashed Sweet Potatoes Broccoli Florets Beet Salad Dinner Roll Fresh Orange</p> | <p>21</p> <p>Turkey Pastrami w/ Swiss Potato Salad Sauerkraut Corn Chowder Rye Bread (2) Yogurt</p> | <p>22</p> <p>Stuffed Pepper Penne Pasta w/ Marinara Mixed Vegetables Spring Mix Salad w/ Tomatoes Garlic Bread Diced Pears</p> | <p>23</p> <p>Chicken Chow Mein Brown Rice Pilaf Asian Vegetables Health Salad Multi Grain Bread Chocolate Pudding</p> | <p>24</p> <p>Cheeseburger Season Diced Potatoes Mushrooms and Onions Macaroni Salad Hamburger Bun Pineapple</p> |
| <p>27</p> <p>Holiday Office Closed</p> | <p>28</p> <p>Chicken Cacciatore Polenta Broccoli Florets Lemon Chickpea Salad WW Bread Mixed Fruit</p> | <p>29</p> <p>Boxed Lunch Tuna Salad Sandwich</p> | <p>30</p> <p>Roast Beef w/ Gravy Mashed Potatoes Cauliflower Caesar Salad w/ Croutons Dinner Roll Fresh Apple</p> | <p>31</p> <p>White Bean Cassoulet Barley Green Beans 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.

| | |
|-------------------------------|------------|
| Total Carbohydrate 34g | 12% |
| Dietary Fiber 4g | 14% |
| Total Sugars 6g | |
| Includes 0g Added Sugars | 0% |

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

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/healthyfoodsmap
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

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