

January 2023 Vegetarian Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 HOLIDAY OFFICE CLOSED	3 Eggplant Stew Lemon Rice Carrots Lentil Soup Dinner Roll Lorna Doone Cookie	4 Marinated Tofu Rice Pilaf Mixed Vegetable Blend Spinach Salad W/ Cranberries Multigrain Bread Yogurt- Ind.	5 Dal Palak Brown Rice Green Beans Butternut Squash Soup Corn Muffin Fresh Apple	6 Vegetable Biryani Diced Sweet Potatoes Peas & Carrots Cole Slaw Rye Bread Peaches- Ind.
9 Veggie Burger Rice Carrots Corn Chowder Club Roll Chocolate Pudding	10 Saag Paneer Rice Pilaf Corn Cucumber Salad Dinner Roll Fresh Apple	11 Aloo Gobi Brown Rice Mixed Italian Vegetables Caesar Salad w/ Croutons Club Roll Diced Pears- Ind.	12 Marinated Tofu Rice Pilaf Green Beans Ambrosia Salad Pumpkin Bread Fresh Orange	13 Vegetable Korma Cous Cous Carrots Spinach Salad w/ Cranberries Multigrain Bread Yogurt
16 HOLIDAY OFFICE CLOSED	17 Vegetarian Bean Chili Brown Rice Pilaf Peppers & Onions Lemon Chickpea Salad Club Roll - sliced Applesauce- Ind.	18 Vegetable Biryani Diced Sweet Potatoes Corn Caesar Salad Whole Wheat Dinner Roll Fresh Apple	19 Tofu & Vegetable Stir Fry Rice Pilaf Mixed Greens Salad Multigrain Bread Vanilla Pudding	20 Channa Masala Rice Pilaf Green Beans Salad Rye Bread Fresh Orange
23 Eggplant Stew Lemon Rice Carrots Spinach Salad w/ Cranberries Multigrain Bread Yogurt- Ind.	24 Marinated Tofu Brown Rice Asian Blend Vegetables Corn Chowder Rye Bread - 2 Oatmeal Raisin Cookie	25 Aloo Gobi Rice Pilaf Mixed Vegetable Blend Cole Slaw Club Roll- Sliced Applesauce- Ind.	26 Vegetable Biryani Diced Sweet Potatoes Peas & Carrots Cream of Mushroom Soup Pumpkin Bread Diced Pineapples- Ind.	27 Veggie Burger Macaroni & Cheese Mushroom & Onions Lettuce and Tomato Slice Whole Wheat Bun Fresh Apple
30 Channa Masala Brown Rice Carrots Carrot Ginger Soup Whole Wheat Bread Fresh Orange	31 Vegetable Tagine Barley Green Beans Caesar Salad W/ Croutons Club Roll- Sliced Mixed Fruit Cup		Please note that all menus: - May change due to unforeseen circumstances. - Include 8oz. lowfat milk and 4oz. 100% juice. - HD and diabetic clients will receive light or sugar-free desserts only.	

HAPPY NEW YEAR FROM YOUR FRIENDS AT THE SENIOR MEAL PROGRAM OF MIDDLESEX COUNTY!

NUTRITION IN COLDER MONTHS

The lack of sunlight in the winter can make staying healthy a bit more difficult. As it gets dark earlier, we get less exposure to the sun, which can lead to a drop in serotonin. This can cause depression and food cravings. To boost serotonin levels, eat high protein foods that contain tryptophan; such as turkey, chicken, eggs, and nuts. Combine these high protein foods with whole grains and complex carbs like pasta and rice and fruits and vegetables. Since sunshine is the best source of Vitamin D but sometimes hard to find through winter, ask your doctor about taking Vitamin D supplements. Although it feels good, sitting inside and near a sunny window does not help our body to make any vitamin D. Most window glass absorbs the UVB waves which is what helps to make the vitamin D!

A REMINDER FOR STORMY WEATHER...

In the event that we are unable to deliver meals and for notice of site closings due to inclement weather please listen or log onto the following radio stations for Senior Meal Program announcements and/or cancellations:

WCTC 1450 AM www.wctcam.com
101.5 FM www.nj1015.com

Information will also be posted on the County Website: www.co.middlesex.nj.us

Middlesex County Office of Aging & Disabled Services

DO YOU NEED HELP WITH YOUR PRESCRIPTION DRUG COSTS?

If you were previously ineligible for PAAD or Senior Gold, you may now qualify.

Income limits will increase for the state-funded programs that help eligible seniors and individuals with disabilities save money on their prescription drug costs.

You may be eligible if you are a NJ resident age 65 or older or between ages 18 and 64 and receiving social security disability benefits.



- If your income for 2022 is less than \$38,769 if single or less than \$45,270 if married, you may be eligible for **PAAD (Pharmaceutical Assistance for Aged & Disabled)**
- If your income for 2022 is between \$38,769 and \$48,769 if single or between \$45,270 and \$55,270 if married, you may be eligible for **Senior Gold**.



For more information call toll free
1-800-792-9745



middlesexcountynj.gov

NUTRITION RESOURCES

RePLENISH (formerly M.C.F.O.O.D.S.) 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 middlesexcounty.gov/replenish

732-729-0880

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

OFFICE OF AGING AND DISABLED SERVICES

Laila Caune, *Aging and Disabled Services Director*

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