

Carteret: 732-541-6221 Edison: 732-452-0377 Old Bridge: 732-607-1582 Perth Amboy: 732-442-0930	MIDDLESEX COUNTY SENIOR MEAL PROGRAM OFFICE OF AGING AND DISABLED SERVICES 75 BAYARD ST., NEW BRUNSWICK, NJ 08901 732-745-2062	Piscataway: 732-743-9844 Sayreville: 732-254-4299 So. Brunswick: 732-329-6171 So. Plainfield: 908-753-1040
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April 2024 Vegetarian Menu

Monday	Tuesday	Wednesday	Thursday	Friday
1 Vegetable Biryani Vegetable Medley Lemon Chickpea Salad Garlic Bread Vanilla Pudding	2 Paneer Tikka Masala Cilantro Rice Peas and Carrots Minestrone Soup Pumpnickel Bread Fresh Apple	3 Chana Masala Saffron Rice Cauliflower Beet Salad Rye Bread Yogurt	4 Navratan Korma Chickpea Biryani Rice Aloo Gobi Ceasar Salad w/ Croutons Club Roll Peaches	5 Eggplant and Chickpea Stew Barley Brussel Sprouts Potato Salad Whole Wheat Bread Mixed Fruit
8 Tomato Curry Lentil Stew Rice Cauliflower Cole Slaw Corn Bread Yogurt	9 Vegetable Makanwala Cilantro Rice Okra Masala Carrot and Ginger Soup Multi Grain Bread Pineapple	10 Veggie Pattie Black Beans and Tomato Cauliflower Spinach Salad w/ Cranberries Hamburger Roll Fresh Orange	11 White Bean Cassoulet Barley Salad Zucchini Spring Salad Mix w/Tomatoes Garlic Bread Diced Pears	12 Stew Vegetable Tagine Brown Rice Black Bean and Corn Salad Pumpnickel Bread Oreo Cookies HDM: Diet Vanilla Pudding
15 Vegetarian Chili Rice Broccoli Cole Slaw Whole Wheat Bread Mixed Fruit	16 Mushroom Edamame Ragout Noodles Green Beans Corn Chowder Kaiser Roll Chocolate Pudding	17 Vegetarian Salisbury Steak Mashed Potatoes Mixed vegetables Caesar Salad w/ Croutons Dinner Roll Yogurt	18 Tomato Curry Lentil Stew Rice Cauliflower Spinach Salad w/ Cranberries Garlic Bread Fresh Apple	19 Stew Vegetable Tagine Brown Rice Tomato and Cucumber Salad Multi Grain Bread Peaches
22 Veggie Pattie Black Beans and Tomato Cauliflower Macaroni Salad Hamburger Bun Apple Sauce	23 Eggplant and Chickpea Stew Barley Brussel Sprouts Four Bean Salad Rye Bread Diced Pears	24 Navratan Korma Chickpea Biryani Rice Aloo Gobi Spinach Salad w/ Cranberries Multi Grain Bread Pineapple	25 Vegetable Biryani Vegetable Medley Spring Mix Salad w/ Tomatoes Pumpnickel Bread Fig Newton Cookies	26 Paneer Tikka Masala Cilantro Rice Peas and Carrots Escarole and Bean Soup Garlic Bread Yogurt
29 Palak Paneer Cumin Basmati Rice Cauliflower Navy Bean Soup Corn Bread Fresh Orange	30 Vegetable Makanwala Cilantro Rice Okra Masala Cucumber and Tomato Salad Multi Grain Bread Ice Cream HDM: Lorna Doone Cookies		Please note that all menus: -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.	