



Dan Benson
County Executive

Site: Site Manager: Phone Number:

The Nutrition Program continues to grow! To make room for all participants, reserve your spot ahead of time.
If you cannot join us, make sure you cancel your reservation. Thank you for your consideration.

MAY 2026 (Pick either Standard or Vegetarian Menu)

Monday	Tuesday	Wednesday	Thursday	Friday
				1 Standard: Eggplant Parmesan w/ Tomato Sauce & Cheese Cheese Tortellini With Pesto Sautéed Spinach CREAM OF MUSHROOM ROSEMARY GARLIC DINNER ROLL VANILLA PUDDING Vegetarian: Mac & Cheese Broccoli
4 Standard: Chicken Tenders w/Honey Mustard Red Skin Potatoes Ratatouille Club Roll VEGETABLE SOUP TROPICAL MIXED FRUIT Vegetarian: Autumn Veggie Sweet Potato Bowl Cannellini Beans Okra & Tomatoes Corn Muffin Cheddar	5 Standard: Beef Taco w/ Shred Lettuce/Diced Tomato Shred Cheddar Cheese Salsa Corn & Red Peppers (2)Flour Tortillas Black Bean Soup VANILLA/STRAWBERRY YOGURT Vegetarian: White Bean Cassoulet Barley Salad Buttered Zucchini Corn Muffin Juice	6 Standard: Chicken Pot Pie Mashed Potatoes Sugar Snap Peas WW Bread TOMATO BASIL SOUP APPLE CRUMBLE Vegetarian: Egg Salad (2) Rye Bread Colelaw Mayo	7 Standard: Roast Beef w/ Gravy Mashed Potatoes Green Beans JUICE ROMAINE SALAD w/ CROUTONS PARMESAN & CAESAR DRESSING FIG BAR WW DINER ROLL Vegetarian: Fettuccine Alfredo Carrots & Peas Mozzarella Stick	8 Standard: Chicken Piccata Spaghetti/ Lemon Butter Italian Mixed Veg WW Bread French Onion Soup BANANA MUFFIN Vegetarian: Mediterranean Ratatouille Quinoa & Bean Bowl Brown Rice WW Bread Juice
11 Standard: Crab Cake w/ Tarter Sauce Mac & Cheese Stewed Tomatoes WW Hamburger Bun SPLIT PEA SOUP MANDARIN ORANGE CUP Vegetarian: Latin Chickpeas Barley Bowl Mixed Vegetables Cheddar Cheese Tortilla	12 Standard: Salisbury Steak Brown Gravy Red Skinned Potatoes Okra Corn Muffin JUICE GARDEN SALAD w/ GRAPE TOMATOES & RANCH DRESSING PINEAPPLE CHUNKS Vegetarian: Fettuccine Alfredo Carrots & Peas WW Dinner Roll Mozzarella Cheese Stick	13 Standard: Sliced Turkey w/ Gravy Mashed Potatoes Brussel Sprouts Cranberry Sauce BUTTERNUT SOUP WW BREAD CELEBRATION CUPCAKE <i>Birthday Celebration Day!</i> Vegetarian: Baked Ziti w/ Tom Sauce Mozzarella & Ricotta Parmesan Cauliflower & Cheese	14 Standard: Cheese Pizza w/ Mushrooms Broccoli Pasta Salad Parmesan MINESTRONE SOUP CHOCOLATE PUDDING Vegetarian: Mediterranean Ratatouille Quinoa & Bean Bowl Brown Rice WW Bread	15 Standard: Turkey Pastrami Reuben Swiss Cheese Sauerkraut Potato Salad 1000 Island Dressing (2) Rye Bread Chicken Rice Soup FRESH APPLE SLICES Vegetarian: Cheese Omelet w/ Peppers & Onions Cinnamon Apple Muffin Ketchup Juice
18 Standard: Hamburger w/ Am Cheese Hash Browns Coleslaw CORN CHOWDER LETTUCE LEAF & TOMATO SLICE MAYO/MUSTARD/ KETCHUP WW HAMBURGER BUN FRUIT COCKTAIL Vegetarian: Veggie Burger Black Bean & Tomato Cauliflower	19 Standard: Breaded White Fish Tarter Sauce Butternut Chunks Oriental Veg Blend WW DINNER ROLL LENTIL SOUP OATMEAL RAISIN COOKIE Vegetarian: Autumn Veggie Sweet Potato Bowl Cannellini Beans Okra & Tomatoes Cheddar	20 Standard: Stuffed Cabbage Roll CheeseTortellini/ Pesto Cooked Carrots Mozzarella Stick Garlic Rosemary Roll JUICE GARDEN SALAD w/GRAPE TOMATOES RANCH DRESSING RASPBERRY/CHERRY YOGURT Vegetarian: Falafel Paddies Lemon Sauce Brown Rice/Quinoa Tomato & Spinach MG Pita Bread	21 Standard: Chicken Salad w/Mayo Marinated Beet Salad (2) Rye Bread CARROT GINGER SOUP MANDARIN ORANGES Vegetarian: Mushroom Edamame Ragout Noodle Green Beans WW Dinner Roll	22 Standard / Vegetarian: FETTUCINI ALFREDO BROCCOLI MOZZARELLA CHEESE STICK JUICE GARDEN SALAD w/ vRED ONION GRAPE TOMATOES & ITALIAN DRESSING WW DINNER ROLL MEMORIAL HOLIDAY COOKIE
25 CLOSED HAPPY MEMORIAL DAY	26 Standard: Roasted Pork w/ Gravy Sweet Potato Chunks Collard Greens Corn Muffin SPLIT PEA SOUP APPLESAUCE Vegetarian: Falafel Paddies w/ Lemon Sauce Brown Rice/Quinoa Tomato & Spinach MG Pita Bread	27 Standard: Tuna Salad w/Mayo Coleslaw (2) Rye Bread Beef Barley Soup CHOCOLATE CHIP COOKIE Vegetarian: Veg. Black Bean Chili Brick Cheddar Cheese Brown Rice Broccoli Corn Muffin Juice	28 Standard: Italian Sausage w/ Pasta Sauce Sautéed Peppers & Onions Bowtie Pasta Salad Parmesan Club Roll MINESTRONE SOUP CHOCOLATE PUDDING Vegetarian: Eggplant Parmesan & Cheese Protein Pasta Carrots & Kale WW Dinner Roll	29 Standard: Ham & Swiss Cheese Potato Salad Coleslaw Club Roll Mustard/ Mayo LENTIL SOUP BLUEBERRY FIG BAR Vegetarian: White Bean Cassoulet Barley Salad Buttered Zucchini Corn Muffin

Site Activities
Hamilton 5/5/2026 "Healthy Outlooks for for Older Adults" Adam Lipps, Central Jersey Legal Services
Princeton 5/7/2026 "Estate Planning" Adam Lipps, Central Jersey Legal Services
East Windsor 5/11/2026 "Gambling & Older Adult
Jeanne Swain, NJ Council on Compulsive Gambling
Ewing 5/13/2026 "Five Wishes Overview
Paul Knight Five Wishes
Princeton 5/19/2026 "Healthy Diet Tips"
Donna Hunter MC Nutritionist
DAILY MEAL INCLUDES: MILK, BUTTER & HOT BEVERAGE
MENU IS SUBJECT TO CHANGE WITHOUT NOTICE