



KNOW YOUR SITES



- #1. Mantua.....9:30AM to 1:30PM...468-4773
(Joan Villanova)
- #2. Glassboro.....9 to 1PM.....881-6610
(Lou Weiss)
- #3. Thorofare.....9 to 1PM.....853-6496
(Norlynn Garlic)
- #4. Williamstown.....9 to 1PM.....728-1140
(Peggy Principato)
- #5. Franklinville.....9 to 1PM.....694-1413
(Brenda Eidam)
- #6. Paulsboro.....9 to 1PM.....423-3387

Nutrition Office
686-8327

Serv-a-Tray
686-8325



Partially funded under the cooperation of the Gloucester County Board of Chosen Freeholders, and the Title III of the Older Americans Act as amended in 1978.

Robert M. Damminger
Freeholder Director

Jim Jefferson
Freeholder Liaison
Department of Health, Senior & Disability Services

Leona G. Mather
Director
Division of Senior Services

The County of Gloucester complies with all state and federal rules and regulations and does not discriminate on the basis of age, race, creed, color, national origin, ancestry, marital status, affectional or sexual orientation, gender identity or expression, disability, nationality or sex in admission to, access to, or operations of its programs, services, activities or in its employment practices. In addition, Gloucester County encourages the participation of people with disabilities in its programs and activities and offers special services to all County residents 60 years of age and older. Inquiries regarding compliance may be directed to the EEO office at (856) 384-6903 or through the County's ADA Coordinator at (856) 384-6842/New Jersey Relay Service 711.

GLOUCESTER COUNTY SENIOR NUTRITION PROGRAM

November 2016

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<p>1 Chicken Parmesan w/Rigatoni & Sauce Green Beans Salad w/Tomato & Italian Dressing Wheat Bread Parmesan Cheese Fruit Cocktail (pes) Milk</p>	<p>2 Cream of Spinach Soup Roast Beef w/ Gravy Mashed Potatoes Peas and Carrots Whole Wheat Bread Ice Cream Milk</p>	<p>3 BBQ Pork Riblet w/ Sautéed Onions Baked Beans Cauliflower/Broccoli/Cheese Sauce Rye Bread Applesauce Milk</p>	<p>4 Turkey open faced on White Bread w/ Gravy Sweet Potato Harvard Beets Pudding Milk</p>
<p>7 Chicken Orzo Soup Salisbury Steak w/Gravy Slice Paprika Potatoes Broccoli w/ Cheese Sauce Rye Bread Fresh Apple Milk</p>	<p>8 Election Day! All Nutrition Sites are CLOSED!</p>	<p>9 Chicken Cacciatore Brown Rice Vegetable Medley White Dinner Roll Orange Sherbet Milk</p>	<p>10 Navy Bean Soup Philly Steak Sandwich w/ cheese & Fried Onions on a Roll Oven Roast Potatoes Lettuce and Tomato Tapioca Pudding Milk</p>	<p>11 Veterans Day! All Nutrition Sites are CLOSED!</p>
<p>14 Orange Juice Oatmeal w/raisins Scram Eggs Breakfast sausage English Muffin Milk</p>	<p>15 Pea Soup Crab Cake w/ Tartar Sauce Macaroni and Cheese Stewed Tomato Hamburger Bun Banana Milk</p>	<p>16 Spaghetti w/Meatballs & Sauce Italian Green Beans Salad w/Tomato & Dressing Dinner Roll. Ice Cream Milk</p>	<p>17 Vegetable soup Chicken Florentine Over Spinach Buttered Noodles Wheat Bread Pears Milk</p>	<p>18 Pork Loin w/Gravy Garlic Mashed Potatoes Brussels Sprouts Rye Bread Pudding Milk</p>
<p>21 Swedish Meatballs w/Gravy Buttered Noodles Sliced Carrots Wheat Bread Sherbert Milk</p>	<p>22 Minestrone Soup Baked Ziti w/ Sauce Sausage Green Beans Italian Roll Peaches Milk</p>	<p>23 Thanksgiving Celebration Roasted Turkey w/Gravy Stuffing Glazed Sweet Potatoes Green Beans Dinner Roll Cranberry Sauce Pumpkin Pie w/ Topping Milk</p>	<p>24 Happy Thanksgiving! All Nutrition Sites Are CLOSED!</p>	<p>25 All Nutrition sites are CLOSED!</p>
<p>28 Unsweetened Apple Juice Sweet and Sour Chicken Rice Japanese Vegetables Roll Oatmeal Cookies Milk</p>	<p>29 Vegetable Barley Soup Beef Burgundy w/ sauce Elbow Macaroni Green Peas Wheat Bread Ice Cream Milk</p>	<p>30 Sausage & Sauerkraut Roasted Potatoes California Blend White Roll Mustard Birthday Cake Milk</p>		