



Dan Benson
County Executive

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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.

OCTOBER 2026 (Pick either Standard or Vegetarian Menu)



Monday	Tuesday	Wednesday	Thursday	Friday
	DAILY MEAL INCLUDES: MILK, BUTTER & HOT BEVERAGE MENU IS SUBJECT TO CHANGE		1 Standard: Salisbury Steak w/Gravy Egg noodles Green Beans WW Bread Vegetarian: Latin Chickpea Barley Bowl Mixed Vegetables Cheddar Cheese Tortilla JUICE GARDEN SALAD W/ GRAPE TOM, SHRED CARROT, CUCUMBER, & RANCH PEACH CUP	2 Standard: Vegetarian: ANNUAL CELEBRATION!
5 Standard: Turkey Pastrami Reuben w/ Swiss Cheese Sauerkraut Potato Salad 1000 Island Dressing (2) Rye Bread Vegetarian: Cheese Omelet Seasoned Diced Potatoes Cooked Peppers & Onions Cinnamon Apple Muffin Ketchup Juice BEEF BARLEY SOUP MANDARIN ORANGE CUP	6 Standard: Chicken Tacos Sautéed Peppers & Onions Shredded Cheddar Seasoned Black Beans (2) Tortillas Salsa Vegetarian: Mac & Cheese Broccoli Rosemary Dinner Roll Shred Lettuce /Chopped Tomato Juice STRAWBERRY/VANILLA YOGURT	7 Standard: Vegetarian: NUTRITION CLOSED	8 Standard: Beef Stuffed Cabbage White Rice Pilaf Zucchini Rosemary Dinner Roll Mozzarella Cheese Stick Vegetarian: Falafel Patty w/ Lemon Sauce Brown Rice/Quinoa Tomato & Spinach Pita Bread CORN CHOWDER RASPBERRY/CHERRY YOGURT	9 Standard: Crab Cake w/ Tarter Sauce Mac & Cheese Stewed Tomatoes WW Hamburger Bun Vegetarian: Mushroom Edamame Ragout Noodle Green Beans WW Dinner Roll JUICE TROPICAL MIXED FRUIT CUP
12 CLOSED Columbus Day!	13 Standard: Chicken Curry White Rice Sugar Snap Peas Lentil Soup WW Bread Vegetarian: Black Bean Chili Brown Rice Broccoli Corn Muffin Juice CHOCOLATE PUDDING	14 Standard: Hamburger w/ Am Cheese Hash Browns Coleslaw Vegetarian: Veggie Burger Black Bean & Tomato Cauliflower BUTTERNUT SOUP LETTUCE LEAF & TOMATO SLICE MAYO/MUSTARD/ KETCHUP WW HAMBURGER BUN APPLE SLICES	15 Standard: Sweet Italian Sausage w/Tomato Sauce Sautéed Peppers & Onions Club Roll Vegetarian: Mushroom Edamame Ragout Noodle Green Beans WW Dinner Roll JUICE GARDEN SALAD w/ GRAPE TOMATOES CUCUMBERS & BALSAMIC DRESSING TROPICAL MIXED FRUIT CUP	16 Standard: Roast Beef w/Gravy Mashed Potatoes Steamed Carrots WW Bread Vegetarian: Falafel Patty w/Lemon Sauce Brown Rice/Quinoa Tomato & Spinach Pita Bread ESCAROLE WHITE BEAN SOUP ROMAINE SALAD w/ CAESAR DRESSING TANGERINE
19 Standard: Chicken Pot Pie Mixed Vegetables Coleslaw Chicken Rice Soup Vegetarian: Mediterranean Ratatouille Quinoa & Bean Bowl Brown Rice WW Bread JUICE ICE CREAM SANDWICH	20 Standard / Vegetarian: FETTUCCINI ALFREDO ITALIAN MIXED VEGETABLES ROSEMARY DINNER ROLL MOZZARELLA CHEESE STICK JUICE MIXED GREENS w/RED ONION GRAPE TOMATOES & 1000 ISLAND DR. OATMEAL COOKIE	21 Standard: Chicken Tenders Tator Tots Club Roll Honey Mustard Vegetarian: Chickpea Barley Bowl Mixed Vegetables Cheddar Cheese Tortilla COLESLAW CREAM OF MUSHROOM SOUP BIRTHDAY CUPCAKE	22 Standard: Ham, Salami & Provolone Club Roll Four Bean Salad Mayo & Mustard Vegetarian: White Bean Cassoulet Barley Salad Buttered Zucchini WW Bread CARROT GINGER SOUP SPIRAL PASTA SALAD MANDARIN ORANGES	23 Standard: Vegetarian: NUTRITION CLOSED
26 Standard: Roasted Pork w/Gravy Sweet Potato Chunks Collard Greens Vegetarian: Autumn Veggie Sweet Potato Bowl Cannellini Beans Okra & Tomatoes Cheddar JUICE CORN MUFFIN APPLESAUCE	27 Standard: Turkey Chili Rice Shredded Cheddar Juice Vegetarian: Chickpea Barley Bowl Mixed Vegetables Cheddar Cheese SPINACH SALAD w/ SHRED CARROT, RED ONION, GRAPE TOMATO & RANCH DRESSING CORN MUFFIN FIG BAR	28 Standard: Tuna Salad Potato Salad (2) Rye Bread Lite Mayo Vegetarian: Mushroom Edamame Ragout Noodle Green Beans WW Dinner Roll JUICE COLESLAW CHOCOLATE CHIP COOKIE	29 Standard: Turkey & Gravy Mashed Potatoes Brussel Sprouts Cranberry Sauce Vegetarian: Baked Ziti w/ Tom Sauce Mozzarella & Ricotta Parmesan Cauliflower & Cheese BUTTERNUT SOUP WW BREAD APPLE CRUMBLE	30 Standard: Cheese Omelet Turkey Link Sausage Hash Browns & Ketchup French Toast Syrup Vegetarian: Veg Black Bean Chili Brown Rice Broccoli Corn Muffin JUICE RASPBERRY/CHERRY YOGURT

Site Activities

Ewing 10/6/2026 "Healthy Outlooks for Older Adults" Lisa Kauffman Mercer Council on Alcoholism & Drug Addiction
John O Wilson 10/7/2026
"Five Wishes Overview" Paul Knight Five Wishes
East Windsor 11/08/2026 "Estate Planning" Adam Lipps Central Jersey Legal Services
East Windsor 11/013/2026 "Mercer County Library Resources" Julia Cuddahy Mercer County Library
East Windsor 11/021/2026 "Senior Medicare Patrol " Charles Clarkson Jewish Family Services
John O Wilson 10/28/2026 "Five Wishes Overview" Paul Knight Five Wishes