



200 Trenton Road • Browns Mills, NJ 08015

Cafeteria Menu

Week of September 21 – 27, 2020

The GRILL is back!

- *Daily specials only
- *NO custom orders
- *French fries are available M-F!

"Daily Healthy Choices"

Heart-healthy Soup (lower calorie, sodium & fat)

500-calorie Hot Entrée with Sides

*Fresh Salad Bar with over 20 Selections, *sold by weight*

Healthier Sandwiches

Lower-sodium Ham / Chicken, Tuna, & Egg made with Light Mayo

Fresh-roasted Turkey Breast / Low-fat Swiss & American Cheese

Moderate-sodium Roast Beef

Deborah's Healthier Choices



MONDAY 9-21-2020 Today's GRILL: Cheesesteak (Beef or Chicken)	Homemade Soups: Sweet Pepper Soup / Heart-healthy Beef Noodle Deborah 500: Homemade Vegetable Lasagna Entrées: Homemade Chicken Pot Pie New England Codfish Sides: Green Beans, Garden Veggies, Rice, Mashed Potatoes	Brewed Awakenings <i>at the Lower Level</i> "Feature of the Day": Turkey BLT Wrap (\$6.00 price is \$4.50 w/ Employee Discount)
TUESDAY 9-22-2020 Today's GRILL: Hamburger or Cheeseburger	Homemade Soups: Sausage & Kale Soup / Heart-healthy Cream of Potato Deborah 500: Homemade Chicken w/ Capers Entrées: Homemade Beef Fajita Homemade Shrimp Scampi over Linguine Pasta Sides: <i>Summer Blend</i> , Sautéed Cabbage w/ Bacon, Mashed Potatoes, Rice	Brewed Awakenings <i>at the Lower Level</i> "Feature of the Day": Harvest Salad (\$6.00 price is \$4.50 w/ Employee Discount)
WEDNESDAY 9-23-2020 Today's GRILL: Hotdog or Grilled Chicken	Homemade Soups: Turkey Delight Soup / Heart-healthy Minestrone Deborah 500: Spaghetti with Turkey/Beef Meatballs Entrées: Homemade Chicken Marsala Egg Rolls & Fried Rice Sides: Carrots, Cauliflower, <i>Colcannon Potatoes</i> , Spaghetti *Cafeteria is closed today from 2:10-3:00P for Staff Mtg.!!*	Brewed Awakenings <i>at the Lower Level</i> "Feature of the Day": Waldorf Chicken Salad (\$6.00 price is \$4.50 w/ Employee Discount)
THURSDAY 9-24-2020 Today's GRILL: Grilled Cheese w/ Ham or Pork Roll	Homemade Soups: Chicken Gnocchi / Heart-healthy Beef Barley Deborah 500: Homemade Mexican Skillet over Brown Rice Entrées: Corned Beef & Cabbage Homemade Mac & Cheese Sides: Broccoli, Stewed Tomatoes, <i>Brown Rice</i> , Roasted Potatoes	Brewed Awakenings <i>at the Lower Level</i> "Feature of the Day": Oriental Beef Salad (\$6.00 price is \$4.50 w/ Employee Discount)
FRIDAY 9-25-2020 Today's GRILL: Fried Shrimp/Clams or Grilled Cheese	Homemade Soups: Chicken Orzo / Heart-healthy Split Pea Deborah 500: Salmon Oriental Entrées: Meatball Parmesan on Roll Homemade Pepperoni Calzone Sides: Corn, Wax Beans, Mashed Potatoes, Rice	Brewed Awakenings <i>at the Lower Level</i> "Feature of the Day": Frito Chicken Wrap (\$6.00 price is \$4.50 w/ Employee Discount)
SATURDAY 9-26-2020 GRILL Closed	Homemade Heart-healthy Soup of the Day: Turkey Noodle Deborah 500: Low-fat Hamburger/Cheeseburger w/ Lettuce & Tomato on a Multigrain Bun Sides: Mashed Potatoes, 1 Low-cal Veggie ~ DELI SANDWICHES & SALADS MADE TO ORDER ~	
SUNDAY 9-27-2020 GRILL Closed	Heart-healthy Homemade Soup of the Day: Chicken Noodle Deborah 500: Veal Parmesan w/ Low-fat Tomato Sauce on 4-oz. Pasta Sides: 1 Low-cal Veggie ~ DELI SANDWICHES & SALADS MADE TO ORDER ~	

MENU SUBJECT TO CHANGE

Week 3



200 Trenton Road • Browns Mills, NJ 08015

Cafeteria Menu

Week of Sep. 28 — Oct. 4, 2020

Deborah's
Healthier
Choices



The GRILL is back!

- *Daily specials only
- *NO custom orders
- *French fries are available M-F!

"Daily Healthy Choices"

Heart-healthy Soup (lower calorie, sodium & fat)

500-calorie Hot Entrée with Sides

*Fresh Salad Bar with over 20 Selections, sold by weight

Healthier Sandwiches

Lower-sodium Ham / Chicken, Tuna, & Egg made with Light Mayo

Roasted Turkey Breast / Low-fat Swiss & American Cheese

Moderate-sodium Roast Beef

<p>MONDAY 9-28-2020</p> <p>Today's GRILL: Cheesesteak (Beef or Chicken)</p>	<p>Homemade Soups: Buffalo Chicken Soup / Heart-healthy Turkey Vegetable Deborah 500: Hot Roast Beef on Wheat w/ Low-fat Gravy Entrées: Veal Parmesan over Spaghetti Crab Cake Sides: Wax Bean, Garden Veggies, Mashed Potatoes</p>	<p>Brewed Awakenings at the Lower Level "Feature of the Day": Cobb Salad (\$6.00 price is \$4.50 w/ Employee Discount)</p>	
<p>TUESDAY 9-29-2020</p> <p>Today's GRILL: Hamburger or Cheeseburger</p>	<p>Homemade Soups: Tuscan Farro Soup / Heart-healthy Cream of Spinach Deborah 500: Homemade Chicken Dijon Entrées: Homemade Meat Lasagna Homemade Flounder Florentine Sides: Green Beans, Corn, <i>Tricolor Pasta</i>, Au Gratin Potatoes</p> <p>ANNUAL EMPLOYEE PICNIC for night shift!</p>	<p>Brewed Awakenings at the Lower Level "Feature of the Day": Hawaiian Chicken Salad (\$6.00 price is \$4.50 w/ Employee Discount)</p>	
<p>WEDNESDAY 9-30-2020</p>	<p>ANNUAL EMPLOYEE PICNIC!</p> <p>Ribs, Burgers, Chicken, Hotdogs, Beyond Burgers with all the fixin's 'n' sides!</p> <p><i>*Note: Cafeteria will only be open 6:45-10:00A!</i></p>		
<p>THURSDAY 10-1-2020</p> <p>Today's GRILL: Grilled Cheese w/ Ham or Pork Roll</p>	<p>Homemade Soups: Split Pea w/ Ham / Heart-healthy Cream of Chicken Deborah 500: Homemade Braised Beef Tips w/ Low-fat Gravy Entrée: Homemade Baked Codfish Homemade Eggplant Parmesan Sides: Caribbean Blend, Peas, Medium Baked Potato, Rice</p>	<p>Brewed Awakenings at the Lower Level "Feature of the Day": Nacho Salad (\$6.00 price is \$4.50 w/ Employee Discount)</p>	
<p>FRIDAY 10-2-2020</p> <p>Today's GRILL: Fried Shrimp/Clams or Grilled Cheese</p>	<p>Homemade Soups: Vegetarian Escarole / Heart-healthy Chicken & Rice Deborah 500: Homemade Open-faced Tuna Melt Entrée: Homemade Sweet & Sour Pork Pierogies Sides: Broccoli, Corn, Rice, Mashed Potatoes</p>	<p>Brewed Awakenings at the Lower Level "Feature of the Day": Seafood Salad (\$6.00 price is \$4.50 w/ Employee Discount)</p>	
<p>SATURDAY 10-3-2020</p> <p>GRILL Closed</p>	<p>Homemade Heart-healthy Soup of the Day Deborah 500: Mustard-glazed Pork Sides: <i>Rissole Potatoes</i></p>		
<p>SUNDAY 10-4-2020</p> <p>GRILL Closed</p>	<p>Homemade Heart-healthy Soup of the Day Deborah 500: Homemade Fish Kiev Sides: Orzo & One Veggie</p> <p>~ DELI SANDWICHES MADE TO ORDER ON WEEKEND ~</p>		

MENU SUBJECT TO CHANGE

Week 4