

What's on the menu?



Week of June 23rd and 24th

Chicken enchiladas with rice and bean salad



Week of June 29th and 30th

Chef Jairo's famous healthy chicken pasta alfredo with vegetables

Week of July 6th and 7th

OFF THIS WEEK



Week of July 13th and 14th

Pierogies with turkey kielbasa and sauerkraut



Week of July 20th and 21st

Roasted chicken with mashed potatoes and mixed vegetables



Week of July 27th and July 28th

Salisbury steak, rice and mixed vegetables



All meals are made healthy with whole grains and low sodium. If you want to learn more about how you can incorporate healthy meals into your diet contact registered dietitian Mia (wellness@elijahspromise.org 732-545-9002 ext. 120)

****Check back to find out what's on the menu for August****