



Bergen County Senior Center Menu: FAIR LAWN

October 2024 REVISED

Suggested Donation \$1.25 per meal

*Donations are voluntary and confidential.
No one will be denied a meal if a donation is not given.*

Meals provide 1/3 recommended Dietary Reference Intakes (DRIs) for older adults.
The weekly average nutrient amount of each meal is: 10% or less Saturated Fat (<8g), 50-55% Carbohydrate, 15-20% Protein (>35g), 1000mg or less Sodium. Salt and sugar are not added to any recipe. Menu subject to change without notice.

Monday	Tuesday	Wednesday	Thursday	Friday
30 Black Bean Vegetable Salad Chicken Fajitas with Onions and Peppers Brown Rice and Beans Mexican Corn Whole Grain Tortilla Fresh Seasonal Fruit	1 Peruvian Tomato Salad Cheese Enchiladas Refried Beans Mexican Style Zucchini Cuban Bread Fresh Seasonal Fruit	2 Carrot Slaw Beef Burritos Cilantro Lime Rice Pinto Beans Whole Grain Tortilla Mandarin Oranges	3 Health Salad Pernil Mashed Potatoes Caribbean Blend Vegetables Whole Grain Arepa Pineapple Tidbits	4 Tortilla Soup Pollo Guisado Yellow Rice Stewed Tomatoes and Okra Whole Grain Tortilla Fresh Banana
7 Garden Salad Swedish Meatballs Herbed Noodles with Gravy Sweet Peas Whole Wheat Roll Sliced Peaches	8 Broccoli Soup Tuna Salad Platter with Romaine Vegetable Orzo Salad Carrot Slaw Rye Bread Fresh Seasonal Fruit	9 Garden Salad Korean BBQ Chicken Leg Wild Rice Pilaf Garlic String Beans Multigrain Bread Mandarin Oranges	10 Tomato Soup Stuffed Peppers Roasted Diced Potatoes Mediterranean Blend Vegetables Whole Wheat Bread Fresh Seasonal Fruit	11 Marinated Chickpea Salad Chicken Teriyaki Brown Rice Oriental Blend Vegetables Whole Grain Roll Pineapple Tidbits
14 	15 Pasta Fagioli Chicken Florentine Whole Grain Orzo Green Bean Almondine Whole Grain Italian Bread Fresh Seasonal Fruit	16 Garden Salad Homestyle Meatloaf w/ Gravy Baked Potato Broccoli Florets Whole Wheat Bread Fresh Seasonal Fruit	17 Minestrone with Kale Roast Turkey & Swiss Cheese with Romaine on Rye 3 Bean Salad Carrot and Raisin Slaw Fresh Seasonal Fruit	18 Marinated Beet & Onion Salad Fish with Lemon Dill Sauce Yellow Rice Scandinavian Blend Vegetables Multigrain Roll Sliced Pears
21 Chicken and Rice Soup Cheese Omelet Peppers and Onions Diced Roasted Potatoes Whole Grain Apple Loaf Sliced Apples	22 Spinach and Tomato Salad Stuffed Cabbage Mashed Potatoes Diced Carrots Multigrain Bread Fresh Seasonal Fruit	23 Chicken Vegetable Soup Pork Loin with Gravy Roasted Diced Sweet Potato Sautéed Spinach Multigrain Bread Fresh Seasonal Fruit	24 Israeli Salad Balsamic Chicken with Roasted Red Peppers Herbed Bowtie Noodles Key Largo Blend Vegetables Whole Wheat Roll Fresh Seasonal Fruit	25 Garden Salad Bratwurst/Onions/Sauerkraut Braised Cabbage with Apples Potato Pancakes Rye Bread Apple Sauce
28 Italian Wedding Soup Chicken Piccata Diced Roasted Potatoes Roasted Carrots Multigrain Bread Sliced Peaches	29 Marinated Lentil Salad Eggplant Rollatini Penne with Marinara Sauce Sautéed Escarole & Beans Whole Grain Bread Fresh Seasonal Fruit	30 Broccoli Soup Egg Salad Platter w/ Romaine Vegetable Couscous Carrot Slaw Whole Grain Roll Fresh Seasonal Fruit	31 Cesar Salad Chicken Parmesan Rigatoni with Marinara Sauce Spinach Whole Grain Dinner Roll Sliced Pears	

Each meal is served with skim milk and your choice of coffee or hot tea.