

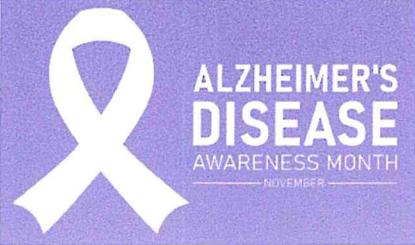




# Bergen County Senior Center Menu: FAIR LAWN

# NOVEMBER 2024

**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
				<p><b>1</b> Pasta Fagioli Soup <b>Turkey &amp; Cheddar w Romaine Lettuce</b> Broccoli Slaw 3-Bean Salad Pumpnickel Bread (2) Sliced Peaches</p>
<p><b>4</b> Cheeseburger w Lettuce &amp; Tomato Baked Beans Vegetable Pasta Salad Whole Wheat Bun Fresh Seasonal Fruit</p>	<p><b>5</b> Roast Beef &amp; Provolone Carrot Slaw 3 Bean Salad Semolina Roll Black &amp; White Cookie</p> 	<p><b>6</b> Potato Soup <b>Chicken Salad Platter w Romaine</b> Macaroni Salad Carrot Raisin Slaw Multigrain Bread Fresh Seasonal Fruit</p>	<p><b>7</b> Marinated Beet &amp; Onion Salad <b>Roasted Pork Loin w Gravy</b> Diced Sweet Potato Baby Peas Whole Grain Roll Sliced Apples</p>	<p><b>8</b> Tossed Salad w Tomato &amp; Cucumber <b>Chicken Tikka</b>  Basmati Rice Curried Cauliflower Naan Bread Cinnamon Rice Pudding</p>
<p><b>11</b></p>  <p><b>Thank you to all who served</b></p>	<p><b>12</b> Israeli Salad <b>Homestyle Meatloaf w Gravy</b> Mashed Potatoes French Green Beans Whole Grain Bread Sliced Peaches</p>	<p><b>13</b> Lentil Soup <b>Stuffed Peppers</b> Roasted Diced Potatoes Mediterranean Blend Vegetables Whole Wheat Roll Fresh Seasonal Fruit</p>	<p><b>14</b> Garden Salad <b>Swedish Meatballs w Gravy</b> Herbed Noodles Broccoli Florets Pumpnickel Bread Fresh Seasonal Fruit</p>	<p><b>15</b> Tomato Soup <b>Broccoli Stuffed Chicken</b> Wild Rice Pilaf Diced Carrots Multigrain Bread Pineapple Tidbits</p>
<p><b>18</b> Cesar Salad <b>Italian Meatballs w Marinara Sauce</b> Penne Marinara Italian Blend Vegetables Whole Grain Dinner Roll Sliced Pears</p>	<p><b>19</b> Broccoli Soup <b>Cheese Omelet</b> Peppers and Onions Diced Roasted Potatoes Whole Grain Blueberry Loaf Sliced Apples</p>	<p><b>20</b> Marinated Chickpea &amp; Tomato Salad <b>Korean BBQ Leg</b> Brown Rice Garlic String Beans Multigrain Bread Mandarin Oranges</p>	<p><b>21</b> Split Pea Soup <b>LS Ham &amp; Swiss w Romaine on Whole Grain Roll</b> Red Skin Potato Salad Broccoli Slaw Fresh Seasonal Fruit</p>	<p><b>22</b> Garden Salad <b>Stuffed Cabbage</b> Mashed Potatoes Sautéed Kale w Cannellini Beans Rye Bread Sliced Peaches</p>
<p><b>25</b> Israeli Salad <b>Chicken Marsala</b> Herbed Bowtie Pasta Broccoli Florets Whole Grain Bread Fresh Seasonal Fruit</p>	<p><b>26</b> Chicken Vegetable Soup <b>Tuna Salad Platter w Romaine</b> Vegetable Pasta Salad Carrot Slaw Pumpnickel Bread Fresh Orange</p>	<p><b>27</b> Garden Salad <b>Turkey with Gravy</b> Mashed Potatoes Green Beans Almondine Cornbread Loaf Pumpkin Pie</p>	<p><b>28</b> <span style="float: right;"><b>29</b></span></p> 	

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