

Bergen County Senior Center Menu: DECEMBER 2024

FAIR LAWN

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 |
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| 2 Chicken Noodle Soup Turkey and Red Bean Chili Brown Rice Corn and Black Bean Salad Corn Bread Loaf Pineapple Tidbits | 3 Marinated Chickpea Salad Eggplant Rollatini Penne Marinara Broccoli Florets Garlic Bread Fresh Seasonal Fruit | 4 Broccoli Cheddar Soup Chicken Piccata Wild Rice and Basmati Pilaf String Beans Almondine Whole Grain Roll Fresh Seasonal Fruit | 5 Marinated Beet and Onion Salad Pork Loin with Gravy Diced Sweet Potato Mediterranean Blend Vegetables Whole Wheat Bread Fresh Seasonal Fruit | 6 Chicken and Rice Soup Egg Salad Platter with Romaine Vegetable Couscous Carrot and Raisin Slaw Whole Wheat Roll Fresh Seasonal Fruit |
| 9 Israeli Salad Cheeseburger with Lettuce and Tomato Baked Beans Vegetable Pasta Salad Whole Wheat Bun Fresh Seasonal Fruit | 10 Chicken and Vegetable Soup Korean BBQ Chicken Leg Wild Rice Garlic Green Beans Rye Bread Mandarin Oranges | 11 Garden Salad Salisbury Steak with Gravy Mashed Potatoes Diced Carrots Multigrain Bread Sliced Apples | 12 Garden Salad Chicken Francese Yellow Rice Sweet Peas Whole Grain Dinner Roll Fresh Seasonal Fruit | 13 Marinated Tomato and Cucumber Salad Balsamic Chicken with Roasted Red Peppers Baked Potato Green Beans Multigrain Bread Fresh Seasonal Fruit |
| 16 Broccoli Soup Turkey and Swiss w/ Romaine on Whole Wheat Roll Red Skin Potato Salad Carrot Slaw Fresh Seasonal Fruit | 17 Israeli Salad Italian Meatballs with Ziti Marinara Sauteed Escarole and Beans Garlic Bread Fresh Seasonal Fruit | 18 Tomato Soup Cheese Omelet Turkey Sausage Diced Potatoes with Onions and Peppers Whole Grain Apple Loaf Tropical Fruit Mix | 19 Cold Bean Salad Chicken Florentine Baked Potato Garlic Green Beans Whole Wheat Dinner Roll Chocolate Layer Cake WINTER LUNCHEON * | 20 Garden Salad Chicken Marsala Mashed Potatoes Sliced Carrots Dinner Roll Fresh Seasonal Fruit |
| 23 Mac and Cheese Soup Fish with Lemon Pepper Sauce Yellow Rice Broccoli Florets Multigrain Roll Fresh Seasonal Fruit | 24 CENTER CLOSED  | 25 CENTER CLOSED  | 26 Escarole and Bean Soup Chicken Fettuccini Alfredo Garlic Green Beans Whole Grain Bread Fresh Seasonal Fruit | 27 Garden Salad Homestyle Meatloaf w/ Gravy Mashed Potatoes Peas and Carrots Pumpernickel Bread Sliced Pears |
| 30 Minestrone and Kale Soup Tuna Salad Platter with Romaine Vegetable Orzo Salad Broccoli Slaw Whole Wheat Roll Mandarin Oranges | 31 Cesar Salad Roasted Chicken Leg Yellow Rice Peas and Carrots Garlic Bread Fresh Seasonal Fruit | <div style="border: 1px solid black; border-radius: 15px; padding: 10px; text-align: center;"> <p>Each meal is served with skim milk and your choice of coffee or hot tea.</p> </div> <div style="display: flex; justify-content: space-around; align-items: center;"> <div style="text-align: center;">  </div> <div style="text-align: center;">  </div> </div> | | |

* Register in advance, limited seating