

# Bergen County Senior Center Menu: JANUARY 2025

**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.*

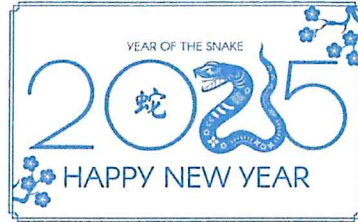
**Monday**

**Tuesday**

**Wednesday**

**Thursday**

**Friday**



**HAPPY**  
*New Year*

**2** Broccoli Cheddar Soup  
**Chicken Cordon Bleu**  
Wild Rice Pilaf  
Diced Carrots  
Whole Grain Roll  
Fresh Seasonal Fruit

**3** Split Pea Soup  
**Stuffed Cabbage**  
Mashed Potatoes  
Italian Blend Vegetables  
Whole Wheat Bread  
Fresh Seasonal Fruit

**6** Health Salad  
**Roast Turkey with Gravy**  
Mashed Potatoes **ELMWOOD PARK SENIOR CENTER**  
Broccoli Florets  
Cranberry Muffin  
Fruit Cup

**7** Vegetable Soup  
**Salisbury Steak with Gravy**  
Baked Potato **ELMWOOD PARK SENIOR CENTER**  
Green Beans  
Almondine  
Whole Grain Roll  
Fresh Seasonal Fruit

**8** Garden Salad  
**Chicken Marsala**  
Herbed Noodles **ELMWOOD PARK SENIOR CENTER**  
California Blend Vegetables  
Italian Bread  
Fresh Seasonal Fruit

**9** Chicken Vegetable Soup  
**Tuna Salad on Spinach**  
Vegetable Quinoa Salad **ELMWOOD PARK SENIOR CENTER**  
Broccoli Slaw  
Rye Bread  
Fresh Seasonal Fruit

**10** Corn Chowder Soup  
**Turkey Chili**  
Brown Rice **ELMWOOD PARK SENIOR CENTER**  
Chopped Spinach  
Corn Muffin  
Applesauce

**13** Potato Soup  
**Cheese Omelet**  
Turkey Sausage  
Diced Potatoes with Onions and Peppers  
Raisin Bread  
Fruited Yogurt

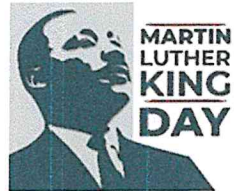
**14** Minestrone Soup  
**Roast Pork (Pernil)**  
Spanish Rice  
Brussel Sprouts  
Whole Wheat Bread  
Fruit Cup

**15** Health Salad  
**Pot Roast with Gravy**  
Baked Potato  
Green Beans  
Multigrain Bread  
Fresh Seasonal Fruit

**16** Cream of Sweet Potato Soup  
**Fish Filet with Lemon Sauce**  
Macaroni and Cheese  
Diced Carrots  
Whole Grain Bread  
Fresh Seasonal Fruit

**17** Pasta Fagioli Soup  
**Chicken Parmesan**  
Rotini W Marinara Sauce  
Broccoli Florets  
Garlic Knot  
Sliced Peaches

**20** **CLOSED**



**21** Garden Salad  
**Stewed Beef Tips**  
Barley Pilaf with Mushrooms  
California Blend Vegetables  
Whole Grain Dinner Roll  
Fruit Cocktail

**22** Escarole and Bean Soup  
**Baked Ziti and Meatballs with Marinara Sauce**  
Sauteed Spinach with Garlic  
Italian Bread  
Sliced Pears

**23** Israeli Salad  
**LS Ham Steak**  
Diced Sweet Potatoes  
Braised Red Cabbage  
Pumpnickel Bread  
Diced Pineapple

**24** Chicken Noodle Soup  
**Meatloaf with Mushroom Gravy**  
Mashed Potatoes  
Sweet Baby Peas  
Whole Grain Roll  
Fresh Seasonal Fruit

**27** Israeli Salad  
**Cheeseburger w Lettuce & Tomato**  
Baked Beans  
Succotash  
Whole Wheat Bun  
Fresh Seasonal Fruit

**28** Cream of Turkey Soup  
**Chicken Salad on Romaine**  
Vegetable Pasta Salad  
Broccoli Slaw  
Whole Grain Roll  
Fresh Seasonal Fruit

**29** Garden Salad  
**Sesame Chicken**  
Lo Mein Noodles  
Broccoli Stir Fry w Ginger Sauce  
Whole Grain Bread  
Mandarin Oranges

**30** Tuscan White Bean Soup  
**Vegetable Lasagna with Marinara Sauce**  
Sauteed Spinach with Garlic  
Garlic Breadsticks  
Fresh Seasonal Fruit

**31** Carrot Soup  
**Chicken Kiev**  
Mashed Potatoes  
Sauteed Spinach w Garlic  
Dinner Roll  
Fresh Seasonal Fruit  
**Snowflake Social \***

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