

MAY

Bergen County Senior Center Menu














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>Each meal is served with skim milk and your choice of coffee or hot tea.</p> <div style="display: flex; justify-content: space-around;"> <div style="text-align: center;">  <p>OLDER AMERICANS MONTH POWERED BY CONNECTION: MAY 2024</p> </div> <div style="text-align: center;">  <p>Celebrate the Senior Nutrition Program 2024 · CONNECTION IN EVERY BITE</p> </div> </div>				
<p> 6 Broccoli Soup Stuffed Cabbage Diced Roasted Potatoes California Vegetable Medley Multigrain Bread Fresh Seasonal Fruit</p>	<p> 7 Israeli Salad Chicken Cordon Bleu Brussel Sprouts Herbed Farfalle Noodles Whole Grain Dinner Roll Fresh Seasonal Fruit</p>	<p> 8 Beef Barley Soup Pepper Steak w/ Onions & Peppers Brown Rice Diced Sweet Carrots Pumpnickel Bread Fresh Seasonal Fruit</p>	<p> 9 Spinach Salad Balsamic Chicken w/ Roasted Red Peppers Mashed Potatoes Broccoli Florets Whole Wheat Bread Fruit/<i>Ranch Dressing</i></p>	<p> 10 Black Bean Soup Eggplant Rollatini Penne with Marinara Sauce Garlic Parmesan Green Beans Whole Grain Garlic Knot Fruit/<i>Parmesan Cheese</i></p>
<p> 13 Spinach and Tomato Salad/<i>Balsamic Vinaigrette</i> Chicken Piccata Wild Rice and Basmati Pilaf String Beans Almondine Whole Grain Italian Bread Fresh Seasonal Fruit</p>	<p> 14 Split Pea Soup Stuffed Peppers O'Brien Potatoes Bahama Blend Vegetables Whole Grain Dinner Roll Fresh Seasonal Fruit</p>	<p> 15 Israeli Salad Korean BBQ Leg Diced Sweet Potatoes Capri Blend Vegetables Multigrain Bread Fresh Clementine</p>	<p> 16 Minestrone and Kale Soup Homestyle Meatloaf w/Gravy Baked Potato Corn Niblets Rye Bread Fresh Seasonal Fruit <i>Low Fat Sour Cream</i></p>	<p> 17 Garden Salad Chicken Parmesan Whole Grain Rigatoni with Marinara Sauce Sautéed Broccoli Rabe Whole Grain Dinner Roll Fresh Seasonal Fruit <i>Parmesan Cheese/Italian Dressing</i></p>
<p>20 Marinated Tomato/Cucumber Salad Pork Loin with Gravy Diced Sweet Potato Braised Cabbage with Apples Multigrain Bread Fresh Seasonal Fruit</p>	<p>21 Tomato Soup Tuna Salad Platter on Romaine Whole Grain Macaroni Salad Carrot Slaw Rye Bread Fresh Seasonal Fruit</p>	<p>22 Caesar Salad Bake Ziti and Meatballs with Marinara Sauce Sauteed Spinach with Garlic Whole Grain Italian Bread Fresh Seasonal Fruit <i>Parmesan Cheese/Caesar Dressing</i></p>	<p>23 Gaden Salad Cheeseburger on Whole Wheat Bun Potato Salad Baked Beans Fresh Seasonal Fruit <i>Ketchup/Ranch Dressing</i></p>	<p>24 Carrot Soup Sliced Turkey with Swiss and Romaine on Whole Grain Roll Broccoli Slaw 3 Bean Salad Fresh Seasonal Fruit <i>Mayo/Mustard</i></p>
<p>27 CLOSED</p> 	<p>28 Orange and Arugula Salad Hawaiian Chicken Yellow Rice Honey Glazed Carrots Whole Grain Roll Pineapple Tidbits <i>Orange Honey Dressing</i></p>	<p>29 Escarole and Bean Soup Egg Salad Platter on Spinach Broccoli Slaw Vegetable Couscous Pumpnickel Bread Fresh Seasonal Fruit</p>	<p>30 Israeli Salad Beer Battered Fish Wild Rice Pilaf Mediterranean Blend Vegetables Whole Grain Bread Fresh Seasonal Fruit <i>Tartar Sauce/Lemon Wedge</i></p>	<p>31 Chicken Noodle Soup Salisbury Steak with Gravy Mashed Potato Sweet Peas Rye Bread Fresh Seasonal Fruit</p>