

# Bergen County Senior Center Menu: FAIR LAWN





# MAY 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>   </div>  |  | <p>1 Garden Salad<br/><b>Roasted Turkey with Gravy</b><br/>Mashed Potatoes<br/>Stuffing<br/>Baby Peas<br/>Whole Grain Roll<br/>Fresh Seasonal Fruit</p>                     | <p>2 Potato Soup<br/><b>Chef Salad – Diced Turkey, Sliced Egg, Diced Swiss Cheese with Mixed Greens</b><br/>Carrot Slaw<br/>Rye Bread<br/>Fresh Seasonal Fruit</p> | <p>3 Black Bean and Corn Salad<br/><b>Chicken Fajitas with Onions and Peppers</b><br/>Rice and Beans<br/>Mexican Corn<br/>Whole Grain Tortilla<br/>Fresh Seasonal Fruit</p>           |
| <p>6 Broccoli Soup<br/><b>Stuffed Cabbage</b><br/>Diced Roasted Potatoes<br/>California Vegetable Medley<br/>Multigrain Bread<br/>Fresh Seasonal Fruit</p>   | <p>7 Israeli Salad<br/><b>Chicken Cordon Bleu</b><br/>Brussel Sprouts<br/>Herbed Farfalle Noodles<br/>Whole Grain Dinner Roll<br/>Fresh Seasonal Fruit</p>       | <p>8 Beef Barley Soup<br/><b>Pepper Steak w/ Onions &amp; Peppers</b><br/>Brown Rice<br/>Diced Sweet Carrots<br/>Pumpnickel Bread<br/>Fresh Seasonal Fruit</p>              | <p>9 Spinach Salad<br/><b>Balsamic Chicken w/ Roasted Red Peppers</b><br/>Mashed Potatoes<br/>Broccoli Florets<br/>Whole Wheat Bread<br/>Fruit</p>                 | <p>10 Black Bean Soup<br/><b>Eggplant Rollatini</b><br/>Penne with Marinara Sauce<br/>Garlic Parmesan Green Beans<br/>Whole Grain Garlic Knot<br/>Fruit</p>                           |
| <p> <b>13 Spinach and Tomato Salad</b><br/><b>Chicken Piccata</b><br/>Wild Rice and Basmati Pilaf<br/>String Beans Almondine<br/>Whole Grain Italian Bread<br/>Fresh Seasonal Fruit<br/>Carrot Cake<br/><b>DEADLINE: 5/6</b></p> | <p><b>14 Split Pea Soup</b><br/><b>Stuffed Peppers</b><br/>O'Brien Potatoes<br/>Bahama Blend Vegetables<br/>Whole Grain Dinner Roll<br/>Fresh Seasonal Fruit</p> | <p><b>15 Israeli Salad</b><br/><b>Korean BBQ Leg</b><br/>Diced Sweet Potatoes<br/>Capri Blend Vegetables<br/>Multigrain Bread<br/>Fresh Clementine</p>                      | <p><b>16 Minestrone &amp; Kale Soup</b><br/><b>Homestyle Meatloaf w/Gravy</b><br/>Baked Potato<br/>Corn Niblets<br/>Rye Bread<br/>Fresh Seasonal Fruit</p>         | <p><b>17 Garden Salad</b><br/><b>Chicken Parmesan</b><br/>Whole Grain Rigatoni with Marinara Sauce<br/>Sautéed Broccoli Rabe<br/>Whole Grain Dinner Roll<br/>Fresh Seasonal Fruit</p> |
| <p><b>20 Marinated Tomato &amp; Cucumber Salad</b><br/><b>Pork Loin with Gravy</b><br/>Diced Sweet Potato<br/>Braised Cabbage with Apples<br/>Multigrain Bread<br/>Fresh Seasonal Fruit</p>  | <p><b>21 Tomato Soup</b><br/><b>Tuna Salad Platter on Romaine</b><br/>Whole Grain Macaroni Salad<br/>Carrot Slaw<br/>Rye Bread<br/>Fresh Seasonal Fruit</p>      | <p><b>22 Caesar Salad</b><br/><b>Bake Ziti and Meatballs with Marinara Sauce</b><br/>Sauteed Spinach with Garlic<br/>Whole Grain Italian Bread<br/>Fresh Seasonal Fruit</p> | <p><b>23 Garden Salad</b><br/><b>Cheeseburger on Whole Wheat Bun</b><br/>Potato Salad<br/>Baked Beans<br/>Fresh Seasonal Fruit</p>                                 | <p><b>24 Carrot Soup</b><br/><b>Sliced Turkey with Swiss and Romaine / Whole Grain Roll</b><br/>Broccoli Slaw<br/>3 Bean Salad<br/>Fresh Seasonal Fruit</p>                           |
| <p><b>27 CLOSED</b></p>   | <p><b>28 Orange and Arugula Salad</b><br/><b>Hawaiian Chicken</b><br/>Yellow Rice<br/>Honey Glazed Carrots<br/>Whole Grain Roll<br/>Pineapple Tidbits</p>        | <p><b>29 Escarole and Bean Soup</b><br/><b>Egg Salad Platter on Spinach</b><br/>Broccoli Slaw<br/>Vegetable Couscous<br/>Pumpnickel Bread<br/>Fresh Seasonal Fruit</p>      | <p><b>30 Israeli Salad</b><br/><b>Beer Battered Fish</b><br/>Wild Rice Pilaf<br/>Mediterranean Blend Vegetables<br/>Whole Grain Bread<br/>Fresh Seasonal Fruit</p> | <p><b>31 Chicken Noodle Soup</b><br/><b>Salisbury Steak with Gravy</b><br/>Mashed Potato<br/>Sweet Peas<br/>Rye Bread<br/>Fresh Seasonal Fruit</p>                                    |