

JULY**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
1 Marinated Chickpea and Tomato Salad Stuffed Peppers O'Brien Potatoes Bahama Blend Vegetables Multigrain Bread Fresh Seasonal Fruit	2 Chicken and Rice Soup Home Style Meatloaf with Gravy Baked Potato Capri Blend Vegetables Whole Wheat Bread Fresh Seasonal Fruit	3 Orange and Arugula Salad Hawaiian Chicken Yellow Rice Broccoli Florets Whole Grain Roll Pineapple Tidbits	4 <i>Closed for Independence Day</i> 	5 Minestrone and Kale Soup Roast Turkey with Swiss and Romaine / Whole Grain Roll Carrot Slaw Red Skin Potato Salad Fresh Seasonal Fruit
8 Spinach Salad with Tomatoes Chicken Marsala Wild Rice and Basmati Pilaf Mediterranean Mixed Vegetables Whole Grain Roll Fresh Seasonal Fruit	9 Israeli Salad Pork Loin with Gravy Diced Sweet Potato Braised Cabbage with Apples Multigrain Bread Fresh Seasonal Fruit	10 Chicken Noodle Soup Roast Beef with Gravy Mashed Potatoes Sauteed Spinach with Mushrooms Whole Wheat Bread Fresh Seasonal Fruit	11 Garden Salad BBQ Chicken Leg Red Skin Potato Salad Baked Beans Whole Wheat Bread Fresh Seasonal Fruit	12 Escarole and Bean Soup Cheeseburger with Lettuce and Tomato on WW Bun Vegetable Pasta Salad Broccoli Slaw Fresh Seasonal Fruit
15 Marinated Cucumber Salad Sweet Chicken Sausage Brown Rice Creamed Corn Pumpernickel Bread Fresh Seasonal Fruit	16 Escarole and Bean Soup Stuffed Cabbage Mashed Potatoes California Vegetable Medley Whole Wheat Bread Fresh Seasonal Fruit	17 Caesar Salad Ziti and Meatballs with Marinara Sauce Sauteed Escarole and Beans Whole Grain Italian Bread Fresh Seasonal Fruit	18 Split Pea Soup Chef Salad – Diced Turkey, Sliced Egg, Diced Swiss Cheese with Mixed Greens Carrot Slaw Quinoa Vegetable Salad Rye Bread Fresh Seasonal Fruit	19 Garden Salad Chicken Cordon Bleu Herbed Rotini Noodles Broccoli Florets Multigrain Bread Fresh Seasonal Fruit
22 Carrot Soup Roast Turkey with Gravy Mashed Potatoes Succotash Whole Grain Bread Fresh Seasonal Fruit	23 Israeli Salad Swedish Meatballs with Gravy Whole Wheat Egg Noodles Herbed Carrot Coins Multigrain Bread Fresh Seasonal Fruit	24 Italian Wedding Soup Beef and Cheese Lasagna With Marinara Sauce Sauteed Kale with Garlic Whole Grain Italian Bread Fresh Seasonal Fruit	25 Garden Salad Balsamic Chicken with Roasted Red Peppers Wild Rice Key Largo Blend Vegetables Whole Wheat Bread Fresh Seasonal Fruit	26 Tomato Soup Egg Salad Platter with Romaine Carrot Slaw 3 Bean Salad Rye Bread Blueberries
29 Israeli Salad Herbed Chicken Leg Wild Rice Pilaf Capri Blend Vegetables Whole Wheat Bread Fresh Seasonal Fruit	30 Broccoli Soup Cheese Omelet Peppers and Onions Diced Roasted Potatoes Blueberry Whole Grain Loaf Fresh Seasonal Fruit	31 Garden Salad Salisbury Steak with Gravy Mashed Potatoes Sweet Peas Whole Grain Roll Fresh Seasonal Fruit	 Happy National Blueberry Month!	

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