

Bergen County Senior Center Menu: FAIR LAWN

March 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
3 Broccoli Cheddar Soup Roast Turkey with Gravy Mashed Potatoes Sweet Peas Multigrain Bread Fresh Seasonal Fruit	4 Antipasto Salad Stuffed Cabbage Diced Roasted Potatoes Garlic String Beans Rye Bread Fresh Seasonal Fruit	5 ASH WEDNESDAY Carrot Soup Spinach Quiche Vegetable Quinoa Salad Stewed Tomatoes Whole Wheat Roll Fruit Yogurt	6 Chicken Noodle Soup Korean BBQ Leg Stir Fried Rice Asian Vegetable Blend Whole Wheat Roll Mandarin Oranges	7 Vegetable Soup Breaded Fish Filet Macaroni and Cheese Broccoli Florets Whole Grain Roll Baked Apples
10 Israeli Salad Salisbury Steak with Mushroom Gravy Baked Potato French Green Beans Whole Wheat Roll Sliced Peaches	11 Tomato Soup Chef Salad with Diced Turkey, Chopped Egg, Chickpeas, Tomatoes, Shredded Carrots Macaroni Salad Rye Bread Fresh Seasonal Fruit	12 Italian Wedding Soup Chicken Florentine Wild Rice Pilaf Diced Carrots Whole Grain Roll Pineapple Tidbits	13 Cream of Chicken Soup Roast Turkey and Swiss with Lettuce and Tomato Red Skin Potato Salad Broccoli Salad Whole Wheat Bread Fruit Cocktail	14 Lentil Soup Eggplant Parmesan Penne Marinara Sautéed Mixed Greens Italian Bread Pudding Cup
17 Spinach Salad Corned Beef Boiled Parsley Potatoes Sautéed Cabbage and Carrots Irish Soda Bread St Patrick's Day Cupcakes 	18 Chicken and Rice Soup Pork Tenderloin with Gravy Baked Sweet Potato Sautéed Spinach Whole Grain Roll Fruit Cocktail	19 Caesar Salad Chicken Parmesan Rotini with Marinara Sauce Italian Blend Vegetables Italian Bread Fresh Seasonal Fruit	20 Garden Salad Fish Filet with Lemon Sauce Yellow Rice Peas and Carrots Whole Wheat Bread Fresh Seasonal Fruit	21 Minestrone Soup Tuna Noodle Salad over Romaine Beet and Onion Salad Carrot Sticks Pumpernickel Bread Fruited Yogurt
24 Chicken Vegetable Soup Homestyle Meatloaf with Gravy Mashed Potatoes Diced Carrots Whole Grain Roll Sliced Pears	25 Marinated Chickpea and Tomato Salad Stuffed Shells Meatballs Marinara Sautéed Escarole Italian Bread Fresh Seasonal Fruit	26 Spinach and Mushroom Salad Beef Stir Fry with Onions, Red and Green Peppers Brown Rice Snow Peas Multigrain Bread Fresh Orange	27 Israeli Salad Herb Roasted Chicken Leg Roasted Diced Sweet Potato California Blend Vegetables Pumpernickel Bread Sliced Peaches	28 Split Pea Soup Egg Salad Platter on Spinach Vegetable Quinoa Salad Carrot Slaw with Raisins Rye Bread Frozen Yogurt
31 Beef Barley Soup Stuffed Peppers Mashed Potatoes Broccoli Florets Multigrain Roll Fruit Cup	   			

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