

Bergen County Senior Center Menu: Fair Lawn


JUNE 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 |
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| 3 Spinach Salad Swedish Meatballs Noodles with Gravy Diced Carrots Multigrain Bread Fresh Seasonal Fruit | 4 Tomato Soup Herbed Chicken Leg Wild Rice Pilaf Roasted Brussel Sprouts Whole Wheat Bread Fresh Seasonal Fruit | 5 Marinated Tomato & Cucumber Salad Pork Loin with Gravy Diced Sweet Potatoes Braised Red Cabbage Rye Bread Fresh Seasonal Fruit | 6 Minestrone with Kale Soup Tuna Platter with Spinach Vegetable Orzo Salad Broccoli Slaw Pumpernickel Bread Fresh Seasonal Fruit | 7 Israeli Salad Homestyle Meatloaf with Gravy Mashed Potatoes Sweet Peas Multigrain Dinner Roll Fresh Seasonal Fruit |
| 10 Broccoli Soup Chicken Parmesan Rigatoni with Marinara Sauce Italian Blend Vegetables Whole Grain Italian Bread Fresh Seasonal Fruit | 11 Fresh Sweet Corn Salad BBQ Pulled Pork Sandwich Macaroni and Cheese Sauteed Spinach with Garlic Whole Wheat Kaiser Roll Fresh Seasonal Fruit | 12 Chicken Noodle Soup Beer Battered Fish Diced Roasted Potatoes Broccoli Florets Whole Wheat Bread Fresh Seasonal Fruit | 13 Garden Salad Roast Beef with Gravy Baked Potato Scandinavian Blend Vegetables Multigrain Bread Fresh Seasonal Fruit | 14 Pasta Fagioli Soup Turkey and Swiss Cheese with Romaine on Rye Marinated Tomato Salad Macaroni Salad Fresh Seasonal Fruit |
| 17 Israeli Salad Cheesburger with Onion, Lettuce and Tomato Baked Beans Sweet Corn with Peppers Whole Wheat Hamburger Roll Fresh Seasonal Fruit | 18 Split Pea Soup Egg Salad Platter with Spinach Vegetable Pasta Salad Carrot Slaw Rye Bread Fresh Seasonal Fruit | 19 Marinated Chickpea Salad Stuffed Cabbage Mashed Potatoes Bahamas Blend Vegetables Whole Wheat Bread Fresh Seasonal Fruit | 20 Carrot Soup Chicken Cordon Bleu Brown Rice Mediterranean Blend Vegetables Multigrain Roll Fresh Seasonal Fruit | 21  JUNE TEENTH FREEDOM DAY |
| 24 Marinated Chickpea Salad Eggplant Rollatini Rotini with Marinara Sauce Sauteed Escarole and Beans Whole Grain Bread Fresh Seasonal Fruit | 25 Escarole and Bean Soup Cheese Omelet Diced Roasted Potatoes Peppers and Onions Whole Grain Apple Loaf Fresh Berries | 26 Marinated Beet and Onion Salad Korean BBQ Chicken Leg Diced Sweet Potatoes Broccoli Florets Whole Wheat Bread Pineapple Tidbits | 27 Pesto Bean Soup Salisbury Steak with Gravy Mashed Potatoes Key Largo Blend Vegetables Multigrain Roll Fresh Seasonal Fruit | 28 Caesar Salad Balsamic Chicken with Roasted Red Peppers Wild Rice Pilaf Sauteed Zucchini and Squash Rye Bread Fresh Seasonal Fruit |

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

