

# Bergen County Senior Center Menu: FAIR LAWN ~ SEPTEMBER 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><b>2</b></p> 	<p><b>3</b> Chicken and Rice Soup <b>Cheeseburger w/Lettuce &amp; Tomato</b> Creamed Corn Baked Beans Hamburger Roll Fresh Orange</p>	<p><b>4</b> Garden Salad <b>Fish with Lemon Dill Sauce</b> Mashed Potatoes Broccoli Florets Rye Bread Sliced Peaches</p>	<p><b>5</b> Broccoli Soup <b>Tuna Salad Platter with Romaine</b> Vegetable Quinoa Salad Marinated Beet Salad Whole Wheat Roll Fresh Seasonal Fruit</p>	<p><b>6</b> Israeli Salad <b>Homestyle Meatloaf w/Gravy</b> Baked Potato Sweet Peas and Carrots Multigrain Roll Fresh Seasonal Fruit</p>
<p><b>9</b> Chicken Noodle Soup <b>Stuffed Peppers</b> Mashed Potatoes Bahamas Blend Vegetables Whole Wheat Bread Fresh Seasonal Fruit</p>	<p><b>10</b> Garden Salad <b>Chicken Florentine</b> Diced Roasted Potatoes Mediterranean Blend Vegetables Rye Bread Fresh Seasonal Fruit</p>	<p><b>11</b> Tomato Soup <b>Egg Salad Platter w/Romaine</b> Vegetable Pasta Salad Carrot Slaw Pumpnickel Bread Fresh Seasonal Fruit</p>	<p><b>12</b> Marinated Tomato and Cucumber Salad <b>Chicken Stir Fry with Peppers and Onions</b> Brown Rice Multigrain Bread Pineapple Tidbits <i>*Bergen County Senior Festival*</i></p>	<p><b>13</b> Lentil Soup <b>Eggplant Parmesan</b> Penne with Marinara Sauce Italian Blend Vegetables Whole Grain Italian Bread Fresh Seasonal Fruit</p>
<p><b>16</b> Garden Salad <b>Balsamic Chicken with Roasted Red Peppers</b> Wild Rice Pilaf Key Largo Blend Vegetables Multigrain Bread Fresh Seasonal Fruit</p>	<p><b>17</b> Escarole and Bean Soup <b>Korean BBQ Chicken Leg</b> Mashed Potatoes Garlic Green Beans Rye Bread Mandarin Oranges <i>CHUSEOK</i> <i>(Korean Thanksgiving)</i></p>	<p><b>18</b> Israeli Salad <b>Italian Meatballs and Tomato Basil Sauce</b> Rotini Marinara Sauteed Escarole and Beans Whole Wheat Italian Roll Fresh Seasonal Fruit</p>	<p><b>19</b> Minestrone with Kale <b>Turkey and Swiss w/Romaine on Whole Wheat Roll</b> Red Skin Potato Salad Broccoli Slaw Sliced Pears</p>	<p><b>20</b> Garden Salad <b>Pork Tenderloin with Gravy</b> Diced Sweet Potatoes Braised Red Cabbage Whole Grain Bread Sliced Apples</p>
<p><b>23</b> Italian Wedding Soup <b>Herbed Chicken Leg</b> Yellow Rice Mediterranean Blend Vegetables Pumpnickel Bread Fresh Seasonal Fruit</p>	<p><b>24</b> Spinach Salad <b>Salisbury Steak</b> Mashed Potatoes Key Largo Blend Vegetables Multigrain Roll Fresh Seasonal Fruit</p>	<p><b>25</b> LS Ham and Swiss with Lettuce and Tomato on Whole Wheat Roll Marinated Chickpea Salad Carrot Slaw Sliced Peaches</p>	<p><b>26</b> Caesar Salad <b>Chicken Cordon Bleu</b> Brown Rice Green Beans Almondine Multigrain Roll Fresh Seasonal Fruit</p>	<p><b>27</b> Pesto Bean Soup <b>Stuffed Cabbage</b> Diced Roasted Potatoes Broccoli Florets Whole Wheat Bread Fresh Seasonal Fruit</p>
<p><b>30</b> Black Bean Vegetable Salad <b>Chicken Fajitas with Onions and Peppers</b> Rice and Beans Mexican Corn Whole Grain Tortilla Fresh Seasonal Fruit</p>	<div style="display: flex; justify-content: space-around; align-items: center;"> <div style="text-align: center;"> <p>— SEPTEMBER IS — <b>HEALTHY AGING</b> — MONTH —</p> </div> <div style="text-align: center;"> <p>Celebrating September as National Senior Center Month</p>  </div> <div style="text-align: center;">  <p><b>NATIONAL FRUITS AND VEGETABLES MONTH</b></p> </div> </div>			

**Bergen County Senior Festival**  
**Thursday, September 12<sup>th</sup>**  
**10 am – 2 pm**  
**Van Saun Park, Paramus**  
 Enjoy Lunch, Entertainment & More!  
**Registration Required**

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