

Bergen County Senior Center Menu: FAIR LAWN

APRIL 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.

Guest Meals - \$5.37

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
31 Beef Barley Soup Stuffed Peppers Mashed Potatoes Broccoli Florets Multigrain Roll Fruit Cup	1 Antipasto Salad Chicken Florentine Wild Rice Diced Carrots Whole Grain Roll Fresh Seasonal Fruit	2 Minestrone Soup Tuna Salad Platter w Spinach Vegetable Quinoa Salad 3-Bean Salad Rye Bread Fresh Orange	3 Marinated Cucumber Salad Hungarian Goulash Roasted Potatoes California Blend Vegetables Whole Wheat Bread Sliced Pears	4 Tuscan White Bean Soup Manicotti with Tomato Sauce and Cheese Italian Seasoned Quinoa Italian Flat Beans Garlic Bread Oatmeal Cookies
7 Vegetable Soup Jamaican Jerk Chicken Macaroni and Cheese Ratatouille Multigrain Bread Fruit Cocktail	8 Marinated Tomato and Cucumber Salad Pork Loin with Gravy Roasted Diced Potatoes California Blend Vegetables Whole Wheat Bread Sliced Peaches	9 Chicken Noodle Soup Oven Roasted Turkey Breast Mashed Potatoes Sweet Peas Corn Muffin Fresh Seasonal Fruit	10 Cesar Salad Chicken Parmesan Rotini Marinara Italian Blend Vegetables Garlic Knot Fresh Seasonal Fruit	11 NE Clam Chowder Seafood Salad Platter on Mixed Greens 3 Bean Salad Carrot Slaw Whole Grain Roll Pound Cake
14 Chicken and Rice Soup Homestyle Meatloaf with Mushroom Gravy Mashed Potatoes Corn Tidbits Rye Bread Applesauce	15 Tomato Soup Roast Turkey with Swiss Cheese, Lettuce & Tomato Red Skin Potato Salad Broccoli Slaw Pumpernickel Bread Fruit Yogurt	16 Broccoli Cheddar Soup Chicken Cordon Bleu Wild Rice Pilaf Diced Carrots Whole Grain Roll Fresh Seasonal Fruit	17 Garden Salad Beef Stir Fry Asian Garlic Noodles Asian Blend Vegetables Multigrain Roll Mandarin Oranges	18 CLOSED 
21 Spinach Salad Vinaigrette LS Ham Steak with Pineapple Roasted Diced Sweet Potato Broccoli Whole Wheat Bread Fresh Seasonal Fruit	22 Escarole and Bean Soup Cheese Omelet Turkey Sausage Patty Diced Roasted Potatoes with Peppers and Onions Raisin Bran Muffin Fresh Berries	23 Caprese Salad Chicken Cordon Bleu Mashed Potatoes Sliced Carrots Dinner Roll Vanilla Cupcake with Vanilla Frosting	24 Lentil Soup Chef Salad – Diced turkey, diced Swiss cheese, sliced egg with mixed greens Vegetable Quinoa Salad Carrot Slaw Rye Bread Fruit Yogurt	25 Marinated Beet & Onion Salad Korean BBQ Leg Yellow Rice Snap Peas Multigrain Bread Mandarin Oranges
28 Marinated Chickpea and Tomato Salad Chicken Piccata Penne Pasta Italian Blend Vegetables Garlic Bread Fresh Seasonal Fruit	29 Israeli Salad Pot Roast Scalloped Potatoes Carrot Coins Whole Grain Roll Sliced Apples	30 Chicken Vegetable Soup Egg Salad Platter w Romaine Macaroni Salad 3 Bean Salad Rye Bread Chocolate Brownie	  	

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