

MARCH

Bergen County Senior Center Menu


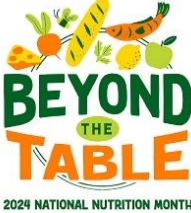



2024

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
		<div>March 13th</div> 		1 Lentil Soup Eggplant Rollatini Whole Grain Penne with Marinara Sauce Grilled Zucchini Whole Grain Dinner Roll Fresh Seasonal Fruit
4 Garden Salad Swedish Meatballs Herbed Noodles Broccoli Florets Multi-Grain Bread Sliced Apples <i>French Dressing</i>	5 Escarole and Bean Soup Grilled Chicken with Roasted Red Pepper on Multi-Grain Roll Whole Grain Macaroni Salad Marinated Tomato and Cucumber Salad Fresh Seasonal Fruit <i>Balsamic Vinaigrette</i>	6 Garden Salad Homestyle Meatloaf with Gravy Baked Potato Roasted Carrots Rye Bread Fresh Seasonal Fruit <i>Ranch Dressing</i>	7 Marinated Chickpea and Tomato Salad LS Ham Steak Diced Sweet Potatoes Sautéed Red Cabbage with Onions and Apples Whole Grain Roll Pineapple Tidbits	8 Broccoli Cheddar Soup Beer Battered Fish Wild Rice Pilaf Roasted Brussel Sprouts Whole Wheat Bread Clementine <i>Tartar Sauce/Lemon</i>
11 Carrot Slaw Sweet Chicken Sausage Oven Browned Potatoes Sautéed Peppers and Onions Multi-Grain Roll Mandarin Orange	12 Pasta Fagioli Soup Stuffed Cabbage Mashed Red Skinned Potatoes Carrot Coins Whole Wheat Dinner Roll Fresh Seasonal Fruit	13 Israeli Salad Korean BBQ Chicken Leg Roasted Sweet Potato Spinach Souffle Whole Wheat Bread Sliced Peaches	14 Garden Salad Hamburger on Whole Wheat Bun with Lettuce and Tomato Vegetable Quinoa Baked Beans Fruit Cocktail <i>Italian Dressing/Ketchup</i>	15 Minestrone and Kale Soup Tuna Salad on Romaine Lettuce Three Bean Salad Broccoli Slaw Whole Grain Rye Bread Sliced Pears
18 Irish Flag Spinach Salad Corned Beef Baked Baby Yellow Potatoes Steamed Cabbage Irish Soda Bread Fruit Cocktail <i>Orange Honey Dressing</i>	19 Tomato Soup Pork Tenderloin with Gravy Quinoa Pilaf with Raisins Roasted Brussel Sprouts Multi-Grain Bread Pineapple Chunks	20 Tomato and Cucumber Salad Roast Turkey with Gravy Mashed Potatoes Corn Niblets Whole Grain Bread Sliced Apples <i>Thousand Island Dressing</i>	21 Spinach Salad Shepherd's Pie topped with Mashed Potatoes Peas and Carrots Pumpernickel Bread Fruit Cocktail <i>Balsamic Vinaigrette</i>	22 Black Bean Soup Egg Salad with Romaine on Pumpernickel Bread (2) Carrot Slaw Red Skin Potato Salad Fresh Seasonal Fruit
25 Three Bean Salad Stuffed Peppers Diced Roasted Potatoes Broccoli Florets Whole Grain Bread Mandarin Orange	26 Israeli Salad Herbed Roasted Chicken Leg Roasted Diced Sweet Potato Roasted Cauliflower Whole Grain Dinner Roll Sliced Pears	27 Chicken and Rice Soup Baked Ziti and Meatballs with Marinara Sauce Sauteed Spinach with Cannellini Beans Whole Grain Italian Bread Fresh Seasonal Fruit	28 Marinated Tomato and Cucumber Salad Chicken Sausage with Onions and Peppers Baked Beans Vegetable Orzo Whole Grain Long Roll Sliced Apples	29 CLOSED - GOOD FRIDAY 

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