

## Bergen County Health Care Center

### Spring/Summer Menu 7/18 – 7/24/2021

Sunday (2)	Monday (2)	Tuesday (2)	Wednesday (2)	Thursday (2)	Friday (2)	Saturday (2)
Orange Juice Farina Breakfast Burrito Danish / Toast Margarine/Jelly Milk C-T-Decaf	Orange Juice Cream of Wheat French Toast Syrup Margarine Milk C-T-Decaf	Orange Juice Oatmeal Western Omelet Biscuit Margarine/Jelly Milk C-T-Decaf	Orange Juice Oatmeal Scrambled Eggs Bacon Banana Nut Muffin Margarine Milk C-T-Decaf	Orange Juice Farina Cheese Omelet Hash Browns Milk C-T-Decaf	Orange Juice Cream of Wheat Scrambled Eggs Biscuit Margarine/Jelly Milk C-T-Decaf	Orange Juice Oatmeal Pancakes Sausage Margarine / Syrup Milk C-T-Decaf
Pepper Steak over Rice Oriental Vegetables OR Cheese Quiche Carrot Cake Milk C-T-Decaf  <b>Alt Turkey Sandwich</b>	Tortellini & Chicken Alfredo Italian Green Beans OR Turkey Meatballs with Gravy Mashed Potatoes Diced Pears Milk C-T-Decaf <b>Alt. Swiss Cheese &amp; Tomato Sandwich</b>	BBQ Beef Brisket w/ Gravy Baked Yams Carrots & Peas OR Herb Baked Cod Cherry Cheesecake Milk C-T-Decaf  <b>Alt. Salami On Rye</b>	Chicken Cacciatore Steamed Carrots Rosemary Potatoes OR Macaroni & Cheese Tiramisu Milk C-T-Decaf  <b>Alt. Egg Salad / WW</b>	Angel Hair & Meatballs Soft Garlic Bread Sticks Or Roast Turkey w/Gravy Cornbread Stuffing Cranberry Sauce Spinach Apricot Halves Milk C-T Decaf <b>Peanut Butter/Jelly</b>	Baked Salmon Rice Pilaf Broccoli Florets OR BBQ Ribs Apple Crumb Pie Milk C-T-Decaf  <b>Alt. Pizza</b>	Baked Ziti / Meat Sauce Garlic Bread Mixed Vegetables OR Chicken Patty On Bun Watermelon Milk C-T-Decaf  <b>Alt. Cream Cheese &amp; Jelly</b>
Split Pea Soup Egg Salad on Croissant Marinated Beet Salad Or Cheese Ravioli Fruit Cocktail Milk C-T-Decaf	Italian Wedding Soup Fish Sandwich Lettuce & Tomatoes Macaroni Salad Or Cottage Cheese & Fruit Oatmeal Raisin Cookies Milk C-T-Decaf	Beef Barley Turkey Salad Platter Corn & Bean Salad OR Chili and Beans over Rice Crushed Pineapple Milk C-T-Decaf	New England Clam Chowder Tuna Melt Tomato Cucumber Salad OR Chicken Tenders Sweet Potato Fries Fresh Fruit Cup Milk C-T-Decaf	Carrot Ginger Beef Stir Fry Lo Mein Oriental Vegetables Or Grilled Chicken Greek Salad Assorted Pies Milk C-T-Decaf	Corn Chowder Grilled Ham and Swiss French Fries Coleslaw OR Steak-ums w/ onions On a Bun Fresh Strawberries and Blueberries Milk C-T-Decaf	Tomato Florentine Soup Beef Stroganoff Egg Noodles Carrots Or Turkey Meatballs Boston Cream Pie Milk C-T-Decaf

**Breakfast – Assorted cold cereals / Hard Cooked Egg**

**Lunch & Supper – See “Meal Substitution List”**