

**Spring / Summer Menu
7/11 – 7/17/2021**

Bergen County Health Care Center

Sunday (1)	Monday (1)	Tuesday (1)	Wednesday (1)	Thursday (1)	Friday (1)	Saturday (1)
Orange Juice Cream of Wheat Breakfast Burrito Toast Margarine/Jelly Milk C-T-Decaf	Orange Juice Farina French Toast w/Syrup Margarine/Jelly Milk C-T-Decaf	Orange Juice Oatmeal Scrambled Egg/Cheese Chocolate Chip Muffin Margarine/Jelly Milk C-T-Decaf	Orange Juice Cream of Wheat Ham & Cheese Omelet Bagel/Toast Margarine or Cream Cheese/Jelly Milk C-T-Decaf	Orange Juice Cream of Wheat Pancakes & Bacon Syrup/Margarine Milk C-T-Decaf	Orange Juice Oatmeal Sausage Patty English Muffin/Jelly Margarine Milk C-T-Decaf	Orange Juice Farina Cheese Omelet Blueberry Muffin or Toast Margarine/Jelly Milk C-T-Decaf
Baked Pork Chops/ Applesauce Broccoli Yellow Rice Or Smothered Chicken Apricot Halves Milk C-T-Decaf Alt. Peanut Butter/Jelly	Lemon Baked Fish White Rice Glazed Carrots OR Grilled Chicken Caesar Salad Rice Pudding Milk C-T-Decaf Alt. Ham on WW	Herb Roasted Chicken Bermuda Blend Veg. OR Shrimp Stir-Fry Fried Rice Apple Cranberry Crisp Milk C-T-Decaf Alt. Salami on Soft Rye	Swiss Steak Egg Noodles Yellow & Green Zucchini OR Baked Salmon Lemon Meringue Pie Milk C-T-Decaf Alt. Sliced turkey on Rye	Chicken Cordon Bleu Creamed Spinach Mashed Potatoes OR Pasta Bolognese Garlic Bread Sliced Peaches Milk C-T-Decaf Alt. Egg Salad on White	Fried Fish & Chips Tartar Sauce &Lemon Mixed Vegetables OR Sloppy Joe Fresh Blueberries and Strawberries Milk C-T-Decaf Alt. Pizza	Roast Pork w/Gravy Brussel Sprout Sweet Potatoes OR Shepherd’s Pie Sliced Apples Milk C-T-Decaf Alt. Liverwurst on Rye
Vegetable Soup Egg Salad on Wheat Marinated Bean Salad OR Manicotti Chocolate Cream Pie Milk C-T-Decaf	Navy Bean Soup Grilled Chicken over Fettuccini with Tomato Basil Sauce Peas OR Steak-ums w/ Onions On a Bun Pear Halves Milk C-T-Decaf	Potato Leek Soup Chicken Salad Sandwich Coleslaw OR Hot Dog on a Bun French Fried Potatoes Fruit Mix Milk C-T-Decaf	Tomato Soup Chicken Parmesan Penne Pasta OR Grilled Cheese Green Beans Pineapple Chunks Milk C-T-Decaf	Minestrone Soup Chef’s Salad Macaroni Salad OR Chicken Pot Pie Vanilla Pudding Milk C-T-Decaf	Chicken Noodle Soup Tuna Salad Croissant Three Bean Salad OR Stuffed Shells Tiramisu Milk C-T-Decaf	Hearty Vegetable Soup Seafood Salad Soft Roll Marinated Tomato & Cucumber Salad OR Chicken Nuggets Ice Cream Milk C-T-Decaf

Breakfast – Assorted cold cereals / Hard Cooked Egg

Lunch & Supper – See “Meal Substitution List”