

Bergen County Health Care Center

Fall/Winter Menu 9/27 – 10/3/2020

Sunday (2)	Monday (2)	Tuesday (2)	Wednesday (2)	Thursday (2)	Friday (2)	Saturday (2)
Orange Juice Cream of Wheat Ham & Pepper Omelet Hash Browns Toast Margarine/Jelly Milk C-T-Decaf	Orange Juice Oatmeal Blueberry Muffin Scrambled Egg Margarine/Jelly Milk C-T-Decaf	Orange Juice Oatmeal Hard Cooked Egg English Muffin Margarine/Jelly Milk C-T-Decaf	Orange Juice Farina Cheese Omelet Toast Margarine/Jelly Milk C-T-Decaf	Orange Juice Oatmeal Scrambled Egg Jelly/Margarine Bran Muffin Milk C-T-Decaf	Orange Juice Farina Pancakes w Syrup 2 Sausages Links Margarine/Jelly Milk C-T-Decaf	Orange Juice Cream of Wheat French Toast Sticks/Syrup Bacon Margarine/Jelly Milk C-T-Decaf
Stewed Chicken Wild Rice Blend Green Beans Or Stuffed Shells Pineapple Chunks Milk C-T-Decaf Alt. American Cheese on WW	Salisbury Steak Baked Potato Steamed Carrot Or Gnocchi w/ Alfredo Sauce Garlic Bread Baked Cookies Milk C-T-Decaf Alt. Turkey on Wheat	Penne w/Meat Sauce Garlic Bread OR Baked Salmon Braised Potatoes Broccoli Fresh Fruit Milk C-T-Decaf Alt. Soft Salami on Rye	Veal Stew Rice Pilaf OR Lemon Chicken Carrots Diced Pear Milk C-T-Decaf Alt. Egg Salad on White	Turkey Meatloaf w/ Gravy Mashed Potato Stewed Tomato OR Shrimp Scampi w/ Angel Hair Pasta Key Lime Pie Milk C-T-Decaf Alt. Tuna Salad on Croissant	Crab Cakes White Rice Zucchini & Yellow Squash OR Chili Banana Cream Pie Milk C-T-Decaf Alt. Cheese Pizza	Beef & Macaroni Green Peas w/Pearl Onions OR Chef Salad Sliced Peaches Milk C-T-Decaf Alt. Cream Cheese & Jelly
Chicken & dumpling Soup Beef Burgundy Egg Noodles Peas & Carrots Or Tuna Salad on Rye Strawberry Mousse Milk C-T-Decaf	Cream of Broccoli Soup Frank n Beans French Fries OR Turkey Burger w/Lettuce and Tomato Creamy Coleslaw Pumpkin Spice Cake W/ Powdered Sugar Milk C-T-Decaf	Lobster Bisque Chicken Salad Plate OR Macaroni & Cheese Three Bean Salad Bread Cheese Tart Milk C-T-Decaf	White Chicken Bean Soup Tuna Melt on Bun Tater Tots California Blend OR Cheeseburger on Bun Ice Cream Milk C-T-Decaf	Italian Wedding Soup Pastrami on Rye Mustard Creamy Coleslaw OR Chicken Nuggets Spiced Apple Milk C-T-Decaf	Navy Bean Soup Eggplant Parmesan Penne Pasta Italian Green Bean OR Philly Cheese Steak Pumpkin Pie Milk C-T-Decaf	Minestrone Soup Egg Salad Sandwich Marinated Beet Salad OR Quiche Lorraine Tiramisu Milk C-T-Decaf

Breakfast – Assorted cold cereals

Lunch & Supper – See “Meal Substitution List”