

Bergen County Health Care Center

**Fall/Winter/Menu
1/17 – 1/23/2021**

Sunday (3)	Monday (3)	Tuesday (3)	Wednesday (3)	Thursday (3)	Friday (3)	Saturday (3)
Orange Juice Cream of Wheat Cheese Omelet Mini Corn Muffin Margarine/Jelly Milk C-T-Decaf	Orange Juice Oatmeal Scrambled Eggs Corn Beef Hash Toast Margarine/Jelly Milk C-T-Decaf	Orange Juice Farina Pancakes/Syrup Sausage Margarine/Syrup Milk C-T-Decaf	Orange Juice Oatmeal Scrambled Egg and Cheese Bacon Bagel/Toast Margarine/Jelly Cream Cheese Milk C-T-Decaf	Orange Juice Oatmeal Egg Omelet w Cheese Toast Margarine/Jelly Milk C-T-Decaf	Orange Juice Cream Of Wheat French Toast Sticks/Syrup Sausage Links Margarine Milk C-T-Decaf	Orange Juice Farina Hard Cooked Egg Bran Muffin Margarine/Jelly Milk C-T-Decaf
Hawaiian Chicken White Rice Green Beans Cheesecake Or Baked Ziti Milk C-T-Decaf Alt. Swiss Cheese on Rye	Beef Stew Broccoli OR Turkey Meatballs Mashed Potatoes Baked Cookies Milk C-T-Decaf Alt. Cream Cheese & Jelly	Chicken Stir Fry Low-Mein Bermuda Blend Vegetables OR Kielbasa w/Sauerkraut Chocolate Eclair Milk C-T-Decaf Alt. Egg Salad on White	Pot Roast w/Gravy Mashed Potatoes Vegetable Medley OR Crab Cakes Spanish Rice Banana Cream Pie Milk C-T-Decaf Alt. Bologna On Soft roll	Stuffed Cabbage White Rice California Blend Veg OR BBQ Chicken Mandarin Orange Milk C-T-Decaf Alt. Liverwurst on Rye	Crusted Potato Tilapia Pierogis Roasted Vegetables OR Vegetable Lasagna w/ Sauce Baked Sliced Apples Milk C-T-Decaf Alt. Tuna Salad on WW	Penne & Meatballs Garlic Bread Mixed Vegetables OR Chicken Tenders Sweet Potato Wedges Tropical Fruit Salad Milk C-T-Decaf Alt. Peanut Butter & Jelly
Beef Vegetable Soup Chicken Sandwich Marinated Tomato Salad Or Stuffed Pepper Sherbet Milk C-T-Decaf	Cream of Mushroom Soup Broccoli and Cheese Stuffed Chicken Breast OR Spaghetti and Meat Sauce Green Bean Butterscotch Pudding	Manhattan Clam Chowder Fish Cake on Bun Tartar Sauce Diced Carrots OR Turkey Pot Pie Rice Pudding Milk C-T-Decaf	Chicken and Wild Rice Soup Open Face Ruben OR Sloppy Joe on a Bun French Fries Creamy Coleslaw Angel Food Cake Milk C-T-Decaf	Tomato Florentine Soup Mac & Cheese Italian Blend Vegetables OR Turkey and Swiss Melt Macaroni Salad Apricots Milk C-T-Decaf	Lentil Soup Sheppard's Pie Mixed Vegetables OR Stuffed Shells Apple Turn Over Milk C-T-Decaf	Corn Chowder Soup Slice Turkey Platter Garbanzo Bean Salad OR Beef Pot Pie Chocolate Cake Milk C-T-Decaf

Breakfast – Assorted cold cereals

Lunch & Supper – See “Meal Substitution List”