

# JULY

# 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
<b>1</b> Marinated Chickpea and Tomato Salad <b>Stuffed Peppers</b> O'Brien Potatoes Bahama Blend Vegetables Multigrain Bread Fresh Seasonal Fruit	<b>2</b> Chicken and Rice Soup <b>Home Style Meatloaf with Gravy</b> Baked Potato/ <i>LF Sour Cream</i> Capri Blend Vegetables Whole Wheat Bread Fresh Seasonal Fruit	<b>3</b> Orange and Arugula Salad <b>Hawaiian Chicken</b> Yellow Rice Broccoli Florets Whole Grain Roll Pineapple Tidbits <i>Orange Honey Dressing</i>	<b>4</b> <i>Closed for Independence Day</i> 	<b>5</b> Minestrone and Kale Soup <b>Roast Turkey with Swiss and Romaine on Whole Grain Roll</b> Carrot Slaw Red Skin Potato Salad Fresh Seasonal Fruit
<b>8</b> Spinach Salad with Tomatoes/ <i>Italian Dressing</i> <b>Chicken Marsala</b> Wild Rice and Basmati Pilaf Mediterranean Mixed Vegetables Whole Grain Roll Fresh Seasonal Fruit	<b>9</b> Israeli Salad <b>Pork Loin with Gravy</b> Diced Sweet Potato Braised Cabbage with Apples Multigrain Bread Fresh Seasonal Fruit	<b>10</b> Chicken Noodle Soup <b>Roast Beef with Gravy</b> Mashed Potatoes Sautéed Spinach with Mushrooms Whole Wheat Bread Fresh Seasonal Fruit	<b>11</b> Garden Salad <b>BBQ Chicken Leg</b> Red Skin Potato Salad Baked Beans Whole Wheat Bread Fresh Seasonal Fruit <i>Ranch Dressing</i>	<b>12</b> Escarole and Bean Soup <b>Cheeseburger with Lettuce and Tomato on WW Bun</b> Vegetable Pasta Salad Broccoli Slaw Fresh Seasonal Fruit <i>Mayo/Ketchup</i>
<b>15</b> Marinated Cucumber Salad <b>Sweet Chicken Sausage</b> Brown Rice Creamed Corn Pumpnickel Bread Fresh Seasonal Fruit	<b>16</b> Escarole and Bean Soup <b>Stuffed Cabbage</b> Mashed Potatoes California Vegetable Medley Whole Wheat Bread Fresh Seasonal Fruit	<b>17</b> Caesar Salad <b>Ziti and Meatballs with Marinara Sauce</b> Sautéed Escarole and Beans Whole Grain Italian Bread Fresh Seasonal Fruit <i>Caesar Dressing/Parmesan Cheese</i>	<b>18</b> Split Pea Soup <b>Chef Salad – Diced Turkey, Sliced Egg, Diced Swiss Cheese with Mixed Greens</b> Carrot Slaw Quinoa Vegetable Salad Rye Bread Fresh Seasonal Fruit/ <i>Italian</i>	<b>19</b> Garden Salad <b>Chicken Cordon Bleu</b> Herbed Rotini Noodles Broccoli Florets Multigrain Bread Fresh Seasonal Fruit <i>French Dressing</i>
<b>22</b> Carrot Soup <b>Roast Turkey with Gravy</b> Mashed Potatoes Succotash Whole Grain Bread Fresh Seasonal Fruit	<b>23</b> Israeli Salad <b>Swedish Meatballs with Gravy</b> Whole Wheat Egg Noodles Herbed Carrot Coins Multigrain Bread Fresh Seasonal Fruit	<b>24</b> Italian Wedding Soup <b>Beef and Cheese Lasagna With Marinara Sauce</b> Sautéed Kale with Garlic Whole Grain Italian Bread Fresh Seasonal Fruit <i>Parmesan Cheese</i>	<b>25</b> Garden Salad <b>Balsamic Chicken with Roasted Red Peppers</b> Wild Rice Key Largo Blend Vegetables Whole Wheat Bread Fresh Seasonal Fruit <i>Thousand Island Dressing</i>	<b>26</b> Tomato Soup <b>Egg Salad Platter</b> Carrot Slaw 3 Bean Salad Rye Bread Blueberries
<b>29</b> Israeli Salad <b>Herbed Chicken Leg</b> Wild Rice Pilaf Capri Blend Vegetables Whole Wheat Bread Fresh Seasonal Fruit	<b>30</b> Broccoli Soup <b>Cheese Omelet</b> Peppers and Onions Diced Roasted Potatoes Blueberry Whole Grain Loaf Fresh Seasonal Fruit	<b>31</b> Garden Salad <b>Salisbury Steak with Gravy</b> Mashed Potatoes Sweet Peas Whole Grain Roll Fresh Seasonal Fruit <i>Balsamic Dressing</i>	 <h2>Happy National Blueberry Month!</h2>	

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