

# JUNE

# Bergen County Senior Center Menu

# 2025

**Suggested Donation \$1.25 per meal**





*Donations are voluntary and confidential.*

*No one will be denied a meal if a donation is not given.*

*Guest Meals - \$5.37*

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>2 Roast Turkey with Swiss Cheese, Lettuce and Tomato</b> Red Skin Potato Salad Broccoli Slaw Pumpernickel Bread (2) Fresh Berries <i>Mayo/Mustard</i>	<b>3 Health Salad</b> <b>Hawaiian Chicken</b> Yellow Rice with Peas Oriental Blend Vegetables Whole Wheat Bread Fresh Seasonal Fruit	<b>4 Garden Salad/<i>Ranch Dressing</i></b> <b>Pork Tenderloin with Gravy</b> Baked Sweet Potato Sautéed Spinach Multigrain Roll Sliced Peaches	<b>5 Chicken Rice Soup</b> <b>Seafood Salad Platter on Mixed Greens</b> 3-Bean Salad Carrot Slaw Whole Grain Roll Pound Cake	<b>6 Israeli Salad</b> <b>Chicken Cordon Bleu</b> Rice Pilaf Vegetable Medley Dinner Roll Fresh Seasonal Fruit
<b>9 Marinated Chickpea and Tomato Salad</b> <b>Stuffed Peppers</b> Mashed Potatoes Peas and Carrots Rye Bread Fresh Seasonal Fruit	<b>10 Tomato Soup</b> <b>Tuna Noodle Salad over Romaine</b> Beet and Onion Salad Broccoli Slaw Pumpernickel Bread Fruit Cup	<b>11 Turkey Tacos with Lettuce, Cheese, Tomatoes</b> Mexican Corn Black Beans Whole Grain Tortilla (x2) Pineapple Slices <i>Sour Cream/Salsa</i>	<b>12 Garden Salad/<i>Italian</i></b> <b>Chicken Florentine</b> Wild Rice Pilaf Sliced Carrots Multigrain Roll Fresh Seasonal Fruit	<b>13 Split Pea Soup</b> <b>Eggplant Parmesan</b> Penne Marinara Italian Blend Vegetables Garlic Bread Diced Peaches <i>Parmesan Cheese</i>
<b>16 Caesar Salad/<i>Caesar Dressing</i></b> <b>Chicken Fettucine Alfredo</b> Fettucine Pasta Baby Peas Garlic Knot Fresh Seasonal Fruit	<b>17 Garden Salad/<i>French</i></b> <b>Homestyle Meatloaf with Gravy</b> Baked Potato/ <i>Sour Cream</i> Carrot Coins Rye Bread Sliced Pears	<b>18 Marinated Tomato and Onion Salad</b> <b>Jamaican Jerk Chicken Leg</b> Yellow Rice Sautéed Mixed Greens Multigrain Bread Pineapple Tidbits	<b>19 Fresh Sweet Corn Salad</b> <b>BBQ Pulled Pork Sandwich</b> Macaroni and Cheese Lima Beans Whole Wheat Kaiser Roll Brownie	<b>20 Juneteenth – Closed</b> 
<b>23 Minestrone Soup</b> <b>Stuffed Cabbage</b> Diced Roasted Potatoes Garlic String Beans Multigrain Roll Fresh Seasonal Fruit	<b>24 LS Ham Steak with Pineapple</b> Roasted Diced Sweet Potatoes Broccoli Florets Whole Wheat Bread Fresh Seasonal Fruit	<b>25 Israeli Salad</b> <b>Chicken Parmesan/<i>parm cheese</i></b> Penne Pasta with Marinara Green Beans Garlic Bread Fresh Seasonal Fruit	<b>26 Broccoli Cheddar Soup</b> <b>Chef Salad with diced turkey, Swiss cheese, egg, chickpeas, tomatoes, carrots/<i>Ranch</i></b> Macaroni Salad Pumpernickel Bread Fresh Seasonal Fruit	<b>27 Antipasto Salad/<i>Vinaigrette</i></b> <b>Pot Roast with Gravy</b> Au Gratin Potatoes Sautéed Greens Multigrain Bread Fresh Berries
<b>30 Spinach Salad/<i>Asian Sesame</i></b> <b>Korean BBQ Chicken Leg</b> Stir Fried Brown Rice Asian Vegetable Blend Whole Wheat Roll Mandarin Oranges	<div>    </div>			

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

Prepared by Nancy Turnier, MS, RDN Registered Dietitian