

July

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
7/16 – National Fresh Spinach Day 7/21 – National Ice Cream Day 7/31 – National Avocado Day 	1 Italian Wedding Soup Egg Salad Platter with Spinach Macaroni Salad 3-Bean Salad Rye Bread Fruited Yogurt	2 Garden Salad Roast Turkey with Gravy Mashed Potatoes Sweet Peas Multigrain Bread Fresh Seasonal Fruit <i>Cranberry Sauce/French Dressing</i>	3 Beef Hot Dogs Baked Beans Carrot and Cabbage Slaw Hot Dog Buns (2) Watermelon <i>Ketchup/Mustard/Relish</i>	4 CLOSED 
7 Orange and Arugula Salad Hawaiian Chicken Yellow Rice Broccoli Florets Whole Grain Roll Pineapple Tidbits <i>Orange Honey Dressing</i>	8 Split Pea Soup Stuffed Peppers O'Brien Potatoes Diced Carrots Multigrain Bread Fresh Seasonal Fruit	9 Chicken Noodle Soup Tuna Noodle Salad over Spinach Vegetable Quinoa Salad Broccoli Slaw Rye Bread Fresh Seasonal Fruit	10 Marinated Chickpea and Tomato Salad Stuffed Shells Meatballs Marinara Sauteed Greens Italian Bread Fresh Seasonal Fruit	11 Cheeseburger with Lettuce and Tomato Potato Salad Carrot Raisin Slaw Hamburger Bun Watermelon <i>Ketchup/Mustard</i>
14 Antipasto Salad/Vinaigrette Chicken Cordon Bleu Yellow Rice Broccoli Florets Whole Wheat Bread Fresh Seasonal Fruit	15 Beef Barley Soup Salisbury Steak with Gravy Diced Roasted Potatoes Carrot Coins Rye Bread Mandarin Oranges	16 Garden Salad/French BBQ Pulled Pork Sandwich Macaroni and Cheese Sauteed Spinach Whole Grain Hoagie Roll Fresh Seasonal Fruit	17 Caesar Salad Chicken Parmesan Rotini with Marina Sauce Italian Blend Vegetables Garlic Bread Fresh Seasonal Fruit <i>Caesar Dressing/Parm Cheese</i>	18 Clam Chowder Soup Seafood Salad with Mixed Greens Vegetable Orzo Salad 3-Bean Salad Whole Grain Roll Fresh Seasonal Fruit
21 Garden Salad/Ranch Homestyle Meatloaf with Gravy Baked Potato/sour cream California Blend Vegetables Multigrain Bread Ice Cream	22 Tomato Soup Cheese Omelet Turkey Sausage Link Diced Roasted Potatoes Onions and Peppers Blueberry Muffin Fruit Yogurt	23 Caprese Salad Eggplant Rollatini Meatballs (2) Penne Pasta Sauteed Spinach with Cannellini Beans Italian Bread Fresh Seasonal Fruit	24 Chicken Rice Soup Turkey and Swiss Cheese with Lettuce/Tomato Vegetable Orzo Salad 3 Bean Salad Pumpernickel Bread (x2) Fresh Blueberries <i>Mayonnaise/Mustard</i>	25 Health Salad Korean BBQ Chicken Leg Wild Rice Pilaf Broccoli Florets Whole Wheat Bread Fresh Seasonal Fruit
28 Minestrone Soup Beer Battered Fish Sweet Potato Wedges Green Beans Whole Grain Dinner Roll Fresh Seasonal Fruit <i>Lemon Wedge/Tartar Sauce</i>	29 Antipasto Salad/Italian Chicken Florentine Wild Rice Pilaf Brussel Sprouts Whole Grain Dinner Roll Fresh Seasonal Fruit	30 Broccoli Cheddar Soup Chef Salad – Diced Turkey, Swiss Cheese, Chickpeas, Carrots, Tomatoes/Balsamic 3-Bean Salad Whole Grain Roll Fresh Blueberries	31 Garden Salad Roast Pork with Gravy Au Grain Potatoes Carrot Coins Whole Wheat Roll Fresh Seasonal Fruit <i>French Dressing</i>	

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

Prepared by Nancy Turnier, MS, RDN Registered Dietitian