

August

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
				1 Marinated Chickpea Salad Eggplant Rollatini Penne Marinara Sauteed Spinach with Garlic Italian Bread Fresh Seasonal Fruit <i>Parmesan Cheese</i>
4 Garden Salad/ <i>Thousand Island Dressing</i> Roast Turkey with Gravy Mashed Potatoes Corn Bread Stuffing Cranberry Sauce Baby Peas Sliced Peaches	5 Vegetable Soup LS Ham Steak with Pineapple Baked Sweet Potato Broccoli Florets Rye Bread Fresh Seasonal Fruit	6 Caesar Salad/ <i>Caesar Dressing</i> Chicken Parmesan Rotini Marinara Italian Blend Vegetables Garlic Bread Fresh Seasonal Fruit	7 Tomato Soup Roast Turkey with Swiss Cheese, Lettuce and Tomato 3-Bean Salad Broccoli Slaw Pumpernickel (2) Watermelon	8 Chicken Rice Soup Lemon Caper Fish Yellow Rice Brussel Sprouts Whole Wheat Bread Cookies
11 Garden Salad/ <i>Ranch</i> Herbed Chicken Leg Diced Sweet Potato Sauteed Greens Multigrain Roll Sliced Pears	12 Split Pea Soup with Ham Stuffed Peppers Mashed Potatoes Peas and Carrots Whole Wheat Bread Fresh Seasonal Fruit	13 Garden Salad/ <i>Sesame Ginger</i> Korean Beef White Rice Asian Vegetable Blend Multigrain Bread Mandarin Oranges	14 Italian Wedding Soup Egg Salad with Spinach Vegetable Couscous Carrot Slaw Rye Bread Fresh Peaches	15 Creamy Cucumber Salad BBQ Pork Sandwich Macaroni and Cheese Succotash Whole Grain Bread Fresh Seasonal Fruit
18 Antipasto Salad/ <i>Italian</i> Italian Beef Meatballs Ziti Marinara Italian Blend Vegetables Garlic Bread Fresh Seasonal Fruit	19 Chicken Noodle Soup Seafood Salad Platter on Mixed Greens Vegetable Pasta Salad Carrot Slaw Whole Grain Roll Pound Cake	20 Garden Salad/ <i>Orange Honey</i> Sesame Chicken Brown Rice Garlic String Beans Multigrain Roll Fresh Orange	21 Health Salad Pot Roast with Gravy Mashed Potato Broccoli Florets Whole Wheat Bread Fresh Seasonal Fruit	22 Lentil Soup Stuffed Cabbage Diced Roasted Potatoes California Blend Vegetables Rye Bread Fresh Seasonal Fruit
25 Caprese Salad Chicken Cordon Bleu Wild Rice Pilaf Vegetable Medley Multigrain Roll Fresh Seasonal Fruit	26 Cheeseburger with Lettuce and Tomato Red Skin Potato Salad Carrot and Raisin Slaw Hamburger Bun Ice Cream <i>Ketchup/Mustard</i>	27 Potato Leek Soup Tuna Noodle Salad over Mixed Greens Vegetable Quinoa Beet and Onion Salad Whole Wheat Bread Fresh Seasonal Fruit	28 Garden Salad/ <i>Balsamic Dressing</i> Beef Hot Dogs (2) Baked Beans Carrot Slaw Hot Dog Bun (2) Fresh Peaches	29 New England Clam Chowder Crab Cakes over Romaine Baked Potato Corn on the Cob Coleslaw Biscuit Italian Ice

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

Prepared by Nancy Turnier, MS, RDN Registered Dietitian