

October

## 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 (&lt;8g), 50-55% Carbohydrate, 15-20% Protein (&gt;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
<p>October is</p> <p>National National National</p> 		<p><b>1</b> Marinated Chickpea Salad <b>Eggplant Parmesan</b> Penne Marinara Italian Blend Vegetables Garlic Bread Fresh Seasonal Fruit <i>Parmesan Cheese</i></p>	<p><b>2</b> Tomato Soup <b>LS Ham and Cheddar with Lettuce and Tomato</b> German Potato Salad Cucumber Onion Salad Pumpernickel Bread Fresh Seasonal Fruit <i>Mayo/Mustard</i></p>	<p><b>3</b> Garden Salad/<i>Ranch</i> <b>Salisbury Steak with Gravy</b> Mashed Potatoes Peas and Carrots Whole Wheat Bread Fruit Cup</p>
<p><b>6</b> Marinated Cucumber and Tomato Salad <b>Stuffed Cabbage</b> Mashed Potatoes Sauteed Greens with Cannellini Beans Rye Bread Fresh Seasonal Fruit</p>	<p><b>7</b> Minestrone Soup <b>Tuna Noodle Salad over Romaine</b> Beet and Onion Salad Broccoli Slaw Pumpernickel Bread Fresh Seasonal Fruit</p>	<p><b>8</b> Caprese Salad <b>Chicken Florentine</b> Wild Rice Pilaf Roasted Carrots Whole Wheat Roll Pudding</p>	<p><b>9</b> Cream of Tomato Soup <b>BBQ Pulled Pork Sandwich</b> Macaroni and Cheese Lima Beans Whole Wheat Kaiser Roll Fresh Seasonal Fruit</p>	<p><b>10</b> Spinach Salad/<i>Dressing</i> <b>Roast Turkey with Gravy</b> Mashed Potatoes Corn Bread Stuffing Baby Peas Fresh Seasonal Fruit <i>Cranberry Sauce</i></p>
<p><b>13</b> <b>CLOSED</b></p> 	<p><b>14</b> Turkey Tacos with Lettuce, Cheese and Tomatoes Black Beans Corn Salad Whole Grain Tortilla (2) Pineapple Slices <i>Salsa/Sour Cream</i></p>	<p><b>15</b> Cream of Broccoli Soup <b>Lemon Caper Fish</b> Yellow Rice Carrot Coins Whole Grain Roll Ice Cream Cups <i>Lemon Wedge</i></p>	<p><b>16</b> Italian Wedding Soup <b>Chicken Parmesan</b> Ziti Marinara Garlic Green Beans Garlic Knots Diced Peaches</p>	<p><b>17</b> Navy Bean Soup <b>Egg Salad Platter with Spinach</b> Vegetable Pasta Salad 3-Bean Salad Rye Bread Fruited Yogurt</p>
<p><b>20</b> Garden Salad/<i>Thousand</i> <b>Hungarian Goulash</b> Parsley Noodles Diced Carrots Whole Wheat Bread Fresh Seasonal Fruit</p>	<p><b>21</b> Butternut Squash Soup <b>LS Ham Steak with Pineapple</b> Roasted Diced Sweet Potato Broccoli Florets Rye Bread Fresh Seasonal Fruit</p>	<p><b>22</b> Israeli Salad <b>Italian Meatballs</b> Rotini Marinara Italian Flat Beans Garlic Bread Fresh Seasonal Fruit</p>	<p><b>23</b> Lentil Soup <b>Korean BBQ Chicken Leg</b> Yellow Rice Oriental Vegetable Blend Whole Wheat Roll Mandarin Oranges</p>	<p><b>24</b> Split Pea Soup <b>Seafood Salad Platter on Mixed Greens</b> Vegetable Pasta Salad Carrot Slaw Multigrain Bread Pound Cake</p>
<p><b>27</b> Escarole and Bean Soup <b>Pork Tenderloin with Gravy</b> Baked Sweet Potato/<i>Butter</i> Sauteed Spinach Rye Bread Fruit Cup</p>	<p><b>28</b> Garden Salad/<i>Balsamic</i> <b>Bratwurst/Hot Dog Bun/Spicy</b> <i>Mustard</i> Sauerkraut German Potato Salad Carrots/Red Cabbage Apple Slices</p>	<p><b>29</b> Spinach Salad/<i>Asian Sesame</i> <b>Korean Beef</b> White Rice Broccoli Florets Whole Wheat Bread Diced Pineapple</p>	<p><b>30</b> Israeli Salad <b>Chicken Cordon Bleu</b> Mashed Potatoes Garlic String Beans Whole Wheat Roll Cookies</p>	<p><b>31</b> Caesar Salad/<i>Caesar</i> <b>Stuffed Peppers</b> Roasted Potatoes Peas and Carrots Garlic Bread Pudding</p> 

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

Prepared by Nancy Turnier, MS, RDN Registered Dietitian