

January

Bergen County Senior Center Menu

2026

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
				
5 Cream of Potato Soup Homestyle Meatloaf with Gravy Smashed Potatoes Diced Carrots Multigrain Bread Fruit Cocktail	6 Garden Salad/ <i>Balsamic</i> Sliced Pork Loin with Apple Cinnamon Glaze Baked Sweet Potato Braised Red Cabbage Rye Bread Fresh Seasonal Fruit	7 Split Pea with Ham Soup Roast Turkey and Cheddar with Lettuce and Tomato 3-Bean Salad <i>Mayonnaise</i> Health Slaw Pumpernickel Bread (2) Fresh Seasonal Fruit	8 Antipasto Salad/ <i>Italian</i> Chicken Parmesan Penne Marinara Italian Flat Beans Garlic Knot Fresh Seasonal Fruit	9 Broccoli Cheddar Soup Cheese Omelet Turkey Sausage Patty Roasted Potatoes with Onions and Peppers Blueberry Muffin Fruit Yogurt
12 Lentil Soup Stuffed Cabbage Mashed Potatoes Sautéed Greens Whole Wheat Bread Fresh Seasonal Fruit	13 Marinated Caprese Salad Chicken Marsala Herbed Egg Noodles Baby Peas Multigrain Bread Diced Pineapples	14 Minestrone Soup LS Ham and Swiss with Lettuce and Tomato <i>Mustard</i> Red Skin Potato Salad Carrot and Raisin Slaw Whole Grain Roll Diced Peaches	15 Black Bean and Tomato Salad Chicken Fajitas with Onions and Peppers Yellow Rice Mexican Corn Whole Grain Tortilla (x2) Fresh Clementine	16 Chicken Rice Soup Cheeseburger with Lettuce and Tomato <i>Ketchup</i> Macaroni Salad Broccoli Slaw Whole Wheat Burger Roll Chocolate Chip Cookie
19 CLOSED 	20 Ceasar Salad/ <i>Ceasar</i> Chicken Cordon Bleu Wild Rice Pilaf Broccoli Florets Multigrain Roll Fruit Cup	21 Cream of Spinach Salisbury Steak with Mushroom Gravy Diced Roasted Potatoes California Blend Vegetables Whole Wheat Bread Fresh Seasonal Fruit	22 Vegetable Soup Seafood Salad Platter Vegetable Quiona Salad Beet and Onion Salad Whole Grain Roll Diced Peaches	23 Cream of Turkey Soup Roast Pork (Pernil) Spanish Rice Brussel Sprouts Multigrain Bread Fresh Seasonal Fruit
26 Butternut Squash Soup Roast Turkey with Gravy Mashed Potatoes Cornbread Stuffing French Green Beans Multigrain Roll Fresh Seasonal Fruit <i>Cranberry Sauce</i>	27 Israeli Salad Italian Beef Meatballs Fusilli Marinara Italian Blend Vegetables Garlic Bread Fresh Seasonal Fruit	28 Tomato Soup Beer Battered Cod <i>Tartar sauce</i> Baked Potato Tots Sautéed Spinach Whole Wheat Bread Pudding Cup	29 Garden Salad/ <i>Asian Sesame</i> Korean BBQ Chicken Leg Yellow Rice Oriental Blend Vegetables Whole Wheat Roll Mandarin Oranges	30 Beef Barley Soup Pot Roast with Gravy Parmesan Roasted Potatoes Roasted Carrots Whole Wheat Bread Ice Cream

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

Prepared by Nancy Turnier, MS, RDN Registered Dietitian