

December

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 Cream of Tomato Soup Vegetable Lasagna Cannellini Beans with Garlic Baby Peas Italian Bread Fresh Seasonal Fruit	2 Chicken Noodle Soup Tuna Salad Platter on Spinach Beet and Onion Salad Vegetable Quinoa Salad Multigrain Bread Fresh Seasonal Fruit	3 Broccoli Cheddar Soup Chicken Piccata Wild Rice Basmati Pilaf Green Beans Almondine Whole Grain Dinner Roll Diced Pears	4 Cheeseburger with Lettuce and Tomato <i>ketchup/mayo</i> Baked Beans Potato Salad Israeli Salad Whole Wheat Hamburger Roll Brownie	5 Navy Bean Soup Roasted Pork Loin with Gravy Oven Roasted Potatoes Mixed Vegetables Whole Wheat Bread Fruited Yogurt
8 Cream of Potato Soup BBQ Pulled Chicken Macaroni and Cheese Vegetable Medley Blend Kaiser Roll Fresh Seasonal Fruit	9 Spinach Salad/ <i>Ranch</i> Homestyle Meatloaf with Gravy Mashed Potatoes French Green Beans Whole Wheat Bread Diced Peaches	10 Minestrone Soup Turkey and Swiss with Lettuce and Tomato <i>mustard/mayo</i> Vegetable Pasta Salad Carrot and Raisin Slaw Pumpernickel (2) Fresh Seasonal Fruit	11 Caesar Salad/ <i>Caesar</i> Chicken Parmesan Pasta Marinara Italian Blend Vegetables Garlic Bread Vanilla Ice Cream Cups	12 Lentil Soup Stuffed Peppers Smashed Potatoes Italian Mixed Vegetables Multigrain Bread Fresh Seasonal Fruit
15 Garden Salad/ <i>Italian Dressing</i> Pot Roast with Gravy Mashed Potatoes Sliced Carrots Dinner Roll Chocolate Chip Cookies	16 Chicken Rice Soup Seafood Salad Platter on Mixed Greens Vegetable Orzo Salad Broccoli Slaw Whole Grain Bread Fresh Seasonal Fruit	17 Creamy Cucumber Salad Chicken Tikka Masala Basmati Rice Sweet Peas Naan Fruited Yogurt	18 Tomato Soup Spinach Quiche with Tomato and Feta Turkey Sausage Links Home fries Blueberry Muffin Fresh Seasonal Fruit	19 Garden Salad/ <i>Asian Sesame</i> Korean BBQ Chicken Leg Yellow Rice Garlic String Beans Whole Wheat Roll Pudding Cups
22 Spinach and Tomato Salad Beef Bourguignon Herbed Egg Noodles Brussel Sprouts Multigrain Roll Fresh Seasonal Fruit <i>Balsamic Vinaigrette</i>	23 Cream of Chicken Soup Potato Crusted Fish <i>lemon wedge/tartar sauce</i> Wild Rice Sautéed Spinach Whole Wheat Bread Marble Pound Cake	24 Split Pea Soup with Ham Stuffed Cabbage Mashed Potatoes Diced Carrots Rye Bread Fresh Seasonal Fruit	25 CLOSED 	26 Caesar Salad/ <i>Caesar</i> Chicken Cordon Bleu Mashed Potatoes Broccoli Florets Whole Wheat Roll Cookies
29 Italian Wedding Soup Sweet and Sour Meatballs Wild Rice Pilaf Vegetable Medley Multigrain Bread Fresh Seasonal Fruit	30 Vegetable Soup Egg Salad Platter on Spinach Sweet Potato Salad Broccoli Slaw Whole Wheat Roll Mandarin Oranges	31 Caprese Salad Italian Beef Sausage Italian Sliced Potatoes Sautéed Onions and Peppers Hoagie Roll Ice Cream Cups		

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

Prepared by Nancy Turnier, MS, RDN Registered Dietitian