

April

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
		1 Cream of Tomato Soup Cheese Omelet Turkey Sausage Patty Potato Wedges Diced Onions and Peppers Blueberry Muffin Fresh Orange	2 Vegetable Soup Cheeseburger with Lettuce and Tomato Baked Beans Red Skin Potato Salad Whole Grain Burger Bun Fresh Seasonal Fruit	3 
6 Marinated Tomato and Cucumber Salad Korean BBQ Chicken Leg Yellow Rice Asian Blend Vegetables Whole Wheat Dinner Roll Mandarin Oranges	7 Navy Bean Soup Eggplant, Roasted Peppers and Mozzarella <i>Balsamic Glaze</i> Marinated Chickpea Salad Beet and Onion Salad Multigrain Roll Fruit Yogurt 	8 Minestrone Soup Chicken Florentine Wild Rice Pilaf Roasted Carrots Multigrain Bread Pudding Cup	9 Garden Salad with Chickpeas/ <i>Balsamic Dressing</i> Stuffed Peppers Baked Potato <i>Sour Cream</i> String Beans Whole Grain Dinner Roll Fresh Seasonal Fruit	10 Tuscan White Bean Soup Sliced Pork Loin with Apple Cinnamon Glaze Mashed Sweet Potato Braised Red Cabbage Rye Bread Sliced Pineapple
13 Manhattan Clam Chowder Teriyaki Glazed Salmon Yellow Rice Broccoli Florets Whole Wheat Bread Diced Peaches	14 Spring Mix Salad/ <i>Italian</i> Homestyle Meatloaf with Gravy Mashed Potatoes Baby Peas Pumpernickel Bread Fresh Seasonal Fruit	15 Vegetable Soup Chicken Cordon Bleu Rice Pilaf Carrot Coins Whole Wheat Roll Oatmeal Raisin Cookie	16 Split Pea with Ham Tuna Salad Sandwich with Lettuce and Tomato Marinated Chickpea Salad Health Salad Rye Bread (x2) Fresh Orange	17 Garden Salad/ <i>Balsamic</i> Roast Turkey and Cheddar with Lettuce and Tomato Vegetable Pasta Salad 3-Bean Salad Multigrain Bread (x2) Vanilla Cupcakes <i>Mayonnaise</i>
20 Butternut Squash Soup LS Ham Steak with Pineapple Baked Sweet Potato Braised Red Cabbage Rye Bread Fruit Cocktail	21 Chicken Vegetable Soup Roast Turkey with Gravy Cornbread Stuffing <i>Cran Sauce</i> Mashed Potato Vegetable Medley Whole Grain Roll Fresh Seasonal Fruit	22 Spinach and Mushroom Salad/ <i>Balsamic Vinaigrette</i> Swedish Meatballs Herbed Egg Noodles Green Beans Whole Wheat Bread Brownie	23 Cream of Chicken Soup Egg Salad on Spinach Red Skin Potato Salad Broccoli Slaw Whole Grain Roll Fresh Seasonal Fruit	24 Caesar Salad Chicken Parmesan Rigatoni with Marinara Sauce Sauteed Spinach Garlic Knot Fresh Seasonal Fruit <i>Caesar Dressing/Parmesan Cheese</i>
27 Lentil Soup Stuffed Cabbage Diced Roasted Potatoes Mixed Greens Pumpernickel Bread Chocolate Chip Cookie	28 Cream of Broccoli Soup Seafood Salad on Romaine Vegetable Quinoa Carrot and Raisin Slaw Whole Wheat Roll Fresh Seasonal Fruit	29 Chicken Noodle Soup Salisbury Steak with Mushroom Gravy Baked Potato <i>Sour Cream</i> Peas and Carrots Rye Bread Diced Pears	30 Marinated Caprese Salad Chicken Cacciatore Penne Marinara Italian Blend Vegetables Garlic Bread Fresh Seasonal Fruit	

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

Prepared by Nancy Turnier, MS, RDN Registered Dietitian