

# JUNE

# 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
<b>1 Spinach Salad with Mushrooms <i>Italian Dressing</i></b> <b>Pot Roast with Gravy</b> Scalloped Potatoes Diced Carrots Whole Grain Roll Ice Cream Cups 	<b>2 Chicken Rice Soup</b> <b>Roast Turkey and Cheddar</b> Marinated Tomato and Cucumber Salad Red Skin Potato Salad Rye Bread (x2) <i>Mayonnaise</i> Chocolate Chip Cookie	<b>3 Turkey Tacos with Lettuce, Cheese and Tomatoes</b> Mexican Corn Black Beans Whole Grain Tortilla (x2) Fresh Seasonal Fruit <i>Sour Cream/Salsa</i>	<b>4 Spring Mix Salad <i>Balsamic</i></b> <b>Salisbury Steak with Mushroom Gravy</b> Baked Potato <i>Sour cream</i> California Blend Vegetables Whole Wheat Bread Fresh Seasonal Fruit	<b>5 Cream of Chicken Soup</b> <b>Cheese Omelet</b> Turkey Sausage Roasted Potatoes Diced Peppers and Onions Blueberry Muffin Fruit Yogurt
<b>8 Escarole and Bean Soup</b> <b>Stuffed Peppers</b> Mashed Potatoes Peas and Carrots Pumpnickel Bread Fresh Seasonal Fruit	<b>9 Health Salad</b> <b>Pork Tenderloin with Apple Cinnamon Glaze</b> Diced Sweet Potatoes Mixed Vegetable Blend Rye Bread Fresh Seasonal Fruit	<b>10 Garden Salad <i>Thousand Island Dressing</i></b> <b>Korean BBQ Chicken Leg</b> Stir Fried Brown Rice Oriental Blend Vegetables Whole Grain Dinner Roll Pineapple Slices	<b>11 Manhattan Clam Chowder</b> <b>Seafood Salad with Romaine</b> Vegetable Pasta Salad Carrot and Raisin Slaw Multigrain Bread Fruit Cocktail	<b>12 Garden Salad/<i>Asian Sesame</i></b> <b>Chicken Marsala with Mushrooms</b> Wild Rice Pilaf Carrot Coins Dinner Roll Ice Cream Cups
<b>15 Caprese Salad</b> <b>Italian Meatballs</b> Ziti Marinara Italian Flat Beans Garlic Knots Diced Peaches 	<b>16 Chicken and Rice Soup</b> <b>Egg Salad with Spinach and Tomato Platter</b> Red Skin Potato Salad Broccoli Slaw Whole Grain Roll Pound Cake 	<b>17 Garden Salad <i>Thousand Isl.</i></b> <b>Beef Stroganoff</b> Herbed Noodles Succotash Whole Wheat Bread Fresh Seasonal Fruit	<b>18 Minestrone Soup</b> <b>Hawaiian Chicken</b> Yellow Rice with Peas Honey Glazed Carrots Multigrain Roll Mandarin Oranges	<b>19 CLOSED</b> 
<b>22 Cream of Tomato Soup</b> <b>LS Ham Steak with Pineapple</b> Baked Sweet Potato Mixed Vegetables Rye Bread Fresh Seasonal Fruit Happy Summer! 	<b>23 Marinated Chickpea and Onion Salad</b> <b>Stuffed Cabbage</b> Mashed Potatoes Mixed Greens Multigrain Bread Diced Pears	<b>24 Split Pea Soup with Ham</b> <b>Tuna Salad with Lettuce and Tomato Wrap</b> Vegetable Quinoa Salad 3-Bean Salad Fresh Berries	<b>25 Caesar Salad</b> <b>Chicken Parmesan</b> Penne Marinara Italian Blend Vegetables Garlic Bread Fresh Seasonal Fruit <i>Caesar Salad Dressing/Parm Cheese</i>	<b>26 Cream of Potato Soup</b> <b>Baked Stuffed Flounder (Broccoli)</b> Au Gratin Potato Diced Carrots Whole Wheat Roll Pudding Cups
<b>29 Broccoli Cheddar Soup</b> <b>LS Ham and Swiss with Lettuce and Tomato</b> Vegetable Orzo Salad Carrot and Raisin Slaw Rye Bread (x2) <i>Mayo/Mustard</i> Watermelon Slices	<b>30 Vegetable Soup</b> <b>BBQ Pulled Pork Sandwich</b> Macaroni and Cheese Ratatouille Whole Wheat Kaiser Roll Fresh Seasonal Fruit	  		

Each meal is served with 1% milk and your choice of coffee or hot tea.

Prepared by Nancy Turnier, MS, RDN Registered Dietitian