November Bergen County Senior Center Menu 2026

Suggested Donation of $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
2 Lentil Soup **Stuffed Cabbage** Mashed Potatoes Italian Blend Vegetables Italian Bread Fresh Seasonal Fruit	3 CLOSED 	4 Garden Salad/*Ranch* **Homestyle Meatloaf with Mushroom Gravy** Baked Potato *Sour Cream* Diced Carrots Whole Wheat Bread Fresh Seasonal Fruit	5 Chicken Noodle Soup **Tuna Salad Sandwich with Lettuce and Tomato** 3-Bean Salad Vegetable Pasta Salad Pumpernickel (x2) Fruit Cocktail	6 Potato Leek Soup **Chicken Florentine** Wild Rice Pilaf Green Beans Almondine Whole Grain Roll Fresh Seasonal Fruit
9 Butternut Squash Soup **Sliced Pork Loin with Apple Cinnamon Glaze** Baked Sweet Potato Broccoli Florets Rye Bread Fresh Seasonal Fruit 	10 Black Bean Salad **Chicken Fajitas** Onions and Peppers Spanish Rice Tortillas Sliced Pineapple *Salsa/Sour Cream*	11 CLOSED  Veterans Day HONORING THOSE WHO SERVED	12 Cream of Spinach Soup **Baked Herbed Chicken Leg** Au Gratin Potatoes California Blend Vegetables Multigrain Bread Fresh Seasonal Fruit	13 Split Pea with Ham Soup **Turkey and Swiss Cheese with Lettuce and Tomato** Carrot and Raisin Slaw Vegetable Pasta Salad Whole Wheat Roll Pound Cake *Mustard/Mayonnaise*
16 Caesar Salad/*Caesar* **Chicken Parmesan** Rigatoni Marinara Sauteed Greens Garlic Bread Sliced Peaches *Parmesan Cheese*	17 Tomato Soup **Egg Salad with Lettuce and Tomato** 3-Bean Salad Broccoli Slaw Rye Bread (x2) Fresh Seasonal Fruit	18 Broccoli Cheddar Soup **Lemon Pepper Tilapia** Yellow Rice Sauteed Greens Whole Wheat Roll Fresh Seasonal Fruit *Lemon Wedge/Tartar Sauce*	19 Chicken Vegetable Soup **Sweet and Sour Chicken with Sauteed Onions and Peppers** Brown Rice Japanese Blend Vegetables Multigrain Bread Mandarin Oranges 	**20 Cheeseburger with Lettuce and Tomato** Potato Salad Carrot Coleslaw Hamburger Bun Fruit Cups *Ketchup/Mayonnaise*
23 Vegetable Soup **Korean BBQ Chicken Leg** Yellow Rice Asian Blend Vegetables Whole Grain Roll Brownie	24 Cream of Turkey Soup **Cheese Omelet** Turkey Sausage O'Brien Potatoes *Ketchup* Onions and Peppers Banana Muffin Fresh Seasonal Fruit	25 Garden Salad/*Thousand Isl.* **LS Ham Steak with Pineapple** Whipped Sweet Potato Broccoli Florets Rye Bread Fresh Seasonal Fruit	26 Closed 	27 Closed
30 Spinach Mushroom Salad **Eggplant Rollatini with Italian Meatballs** (2) Rigatoni Marinara Garlic Knot Fresh Seasonal Fruit *Parmesan Cheese/Italian Dressing*				

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

Prepared by Nancy Turnier, MS, RDN Registered Dietitian