

**January**

**Bergen County Senior Center Menu**

**2019** revised

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>Suggested Donation</b> <b>\$1.25 per meal</b></p>	<p><b>1 Closed</b>  <b>Happy New Year</b></p>	<p><b>2</b> Chicken Orzo Soup <b>Tuna Salad Sandwich</b> Black Bean &amp; Corn Salad Beet Salad Rye Bread 2 each Fresh Green Apple</p>	<p><b>3</b> Baby Greens Salad <b>Hot Roast Beef with Gravy</b> (Send sliced-cold) Roasted Fresh Yams Whole Wheat Bread Fresh Orange</p>	<p><b>4</b> Lentil Soup <b>Italian Meatballs</b> Penne Marinara Sautéed Kale Italian Bread Fresh Fruit</p>
<p><b>7 Salisbury Steak with Gravy</b> Whipped Sweet Potatoes Peas &amp; Carrots Whole Wheat Bread Fruit Cocktail</p>	<p><b>8</b> Beef Barley Soup <b>Breaded Chicken Milanese</b> topped with (1-1/2C) Baby Spinach, Tomato &amp; Onion Bruschetta Penne Marinara Fresh Fruit</p>	<p><b>9</b> Lentil Soup <b>Lemon Pepper Fish</b> Roasted Red Potatoes Green Beans Whole Wheat Bread Fresh Orange</p>	<p><b>10</b> Chicken Vegetable Soup <b>Vegetable Lasagna 6 oz with Béchamel Sauce</b> Broccoli Spears Mixed Baby Greens 1-C Mixed Bean Salad ½-C Fresh Apple</p>	<p><b>11</b> Cole Slaw <b>Roast Pork with Gravy</b> Millet Roasted Butternut Squash Whole Wheat Bread Applesauce</p>
<p><b>14</b> Garden Salad <b>Turkey Burger</b> Roasted Potatoes Mixed Vegetables Whole Wheat Hamburger Fresh Fruit</p>	<p><b>15</b> Split Pea Soup <b>Breaded Fish</b> Macaroni &amp; Cheese Collard Greens Whole Wheat Bread Sliced Peaches</p>	<p><b>16</b> Chicken Rice Soup <b>Homestyle Meatloaf with Gravy</b> Scalloped Potatoes Diced Carrots Rye Bread Fresh Fruit</p>	<p><b>17</b> Mushroom Barley Soup <b>Eggplant Rollatini</b> Ziti Marinara Warm Cannellini Bean Salad Italian Bread Fresh Green Apple</p>	<p><b>18</b> Baby Greens Salad <b>Chicken Cordon Bleu</b> Brown Rice Green Beans Whole Grain Dinner Roll Fresh Orange</p>
<p><b>21</b>  <b>Closed</b> <b>Martin Luther King Day</b></p>	<p><b>22</b> Minestrone Soup <b>Grandma's Italian Pork Sausage &amp; Penne Marinara</b> Cauliflower Italian Bread Fresh Orange</p>	<p><b>23</b> Chicken Noodle Soup <b>Roast Turkey with Gravy</b> Mashed Potatoes Broccoli Whole Wheat Bread Chocolate Chip Cookie</p>	<p><b>24</b> Garden Salad <b>Lemon Pepper Chicken</b> Baked Sweet Potato Wedge Oriental Vegetables Whole Grain Dinner Roll Pineapple Chunks</p>	<p><b>25</b> Beef Barley Soup <b>Baked Cod Filet</b> Tomato Stewed Rice Zucchini Rye Bread Fresh Apple</p>
<p><b>28</b> Vegetable Barley Soup <b>Breaded Pollack</b> Whipped Sweet Potatoes Broccoli Florets Whole Wheat Bread Fresh Orange</p>	<p><b>29</b> Carrot Slaw <b>Boneless BBQ Beef Rib</b> Baked Beans Diced Carrots Club Roll Fresh Green Apple</p>	<p><b>30</b> Garden Salad <b>Unbreaded Chicken Piccata</b> White Rice with Green Peas Spinach Whole Grain Dinner Roll Sliced Pears</p>	<p><b>31</b> Chicken Rice Soup <b>Swedish Meatballs</b> Mashed Potatoes Mixed Vegetables Rye Bread Fresh Fruit</p>	<p>Menu subject to change without notice</p> <p><b>Each meal is served with skim milk and your choice or coffee or hot tea.</b></p>