

# December

# Bergen County Senior Center Menu

# 2018

Monday	Tuesday	Wednesday	Thursday	Friday
<p><i>Meals provide 1/3 recommended Dietary Reference Intakes (DRIs) for older adults. The weekly average nutrient content of each meal is: 10% or less Saturated Fat (&lt;8g), 50-55% Carbohydrate, 15-20% Protein (&gt;35 g), 1000 mg or less Sodium. Salt and sugar is not added to any recipe.</i></p>				
<p><b>3</b> Chicken Rice Soup  <b>Homestyle Meatloaf with Gravy</b>            Scalloped Potatoes            Green Beans            Rye Bread            Fresh Green Apple  <b>Chanukah</b></p>	<p><b>4</b> Mushroom Barley Soup  <b>Eggplant Rollatini</b>            Romaine Salad <b>1-C</b> with            Cannellini Bean Salad <b>½-C</b>            Dinner Roll            Fresh Orange</p>	<p><b>5</b> Garden Salad  <b>Chicken Chipotle</b>            Brown Rice            Green Peas            Pineapple Chunks</p>	<p><b>6</b> Split Pea Soup  <b>Breaded Fish Sandwich</b>            Lettuce &amp; Tomato            Baby Carrots            Whole Wheat Bun            Fresh Fruit</p>	<p><b>7</b> Garden Salad  <b>Chicken Parmesan</b>            Ziti Marinara            Broccoli            Italian Bread            Fresh Fruit</p>
<p><b>10</b> Chicken Noodle Soup  <b>Roast Turkey with Gravy</b>            Roasted Fresh Sweet Potatoes            Broccoli            Whole Wheat Bread            Fresh Fruit</p>	<p><b>11</b> Beef Barley Soup  <b>Baked Cod Filet</b>            Tomato Stewed Rice            Zucchini            Rye Bread            Fresh Apple</p>	<p><b>12</b> Garden Salad  <b>Hamburger</b>            Pork &amp; Beans            Green Beans            Whole Wheat Hamburger Bun            Fresh Fruit</p>	<p><b>13</b> Chicken Vegetable Soup  <b>Pork Sausage Sandwich</b>            Sautéed Peppers &amp; Onions            Romaine Salad            Italian Bread (cut for sandwich size of sausage)            Fresh Orange</p>	<p><b>14</b> Minestrone Soup  <b>Chicken Scampi (Unbreaded)</b>            Rice Pilaf            Peas &amp; Carrots            Whole Grain Dinner Roll            Fruit Cocktail</p>
<p><b>17</b> Chicken Rice Soup  <b>Sweet &amp; Sour Meatballs</b>            Brown Rice with Peas            Mixed Vegetables            Rye Bread            Fresh Orange</p>	<p><b>18</b> Romaine Salad  <b>Meat Lasagna (10 oz)</b>            Chick Pea Salad            Italian Bread            Fresh Fruit</p>	<p><b>19</b> Vegetable Barley Soup  <b>Breaded Pollack</b>            Roasted Fresh Cut Yam            Collard Greens            Whole Wheat Bread            Fresh Apple</p>	<p><b>20</b> Carrot Slaw  <b>Boneless BBQ Beef Rib</b>            Corn            Broccoli Florets            Rye Bread            Chocolate Chip Cookie</p>	<p><b>21</b> Garden Salad  <b>Unbreaded Chicken Picatta</b>            Roasted Red Potatoes            Green Beans            Whole Grain Dinner Roll            Fresh Fruit</p>
<p><b>24</b> Beef Barley Soup  <b>Baked Fish with Garlic &amp; Lemon Sauce</b>            Whipped Sweet Potatoes            Corn            Rye Bread            Fresh Fruit</p>	<p><b>25</b>  <b>Christmas Day Closed</b></p>	<p><b>26</b> Applesauce  <b>Pork Chop with Sauerkraut</b>            Stuffing            Tossed Salad            Fresh Orange</p>	<p><b>27</b> Baby Lettuce Salad  <b>Balsamic Breaded Chicken Breast</b>            Yellow Rice with Diced Red Peppers            Peas &amp; Carrots            Whole Grain Dinner Roll            Sliced Pears</p>	<p><b>28</b> Chicken Vegetable Soup  <b>Turkey &amp; Bean Chili 10 oz</b>            Garden Salad            Cornbread            Fresh Apple</p>
<p><b>31</b> Fresh Cut Fruit  <b>Scrambled Eggs</b>            Sautéed Peppers &amp; Onions            Home Fries            Bacon            Pancake  <b>New Year's Eve Brunch</b></p>	<p><b>1</b>  <b>New Year's Day Closed</b></p>	<p><b>Suggested Donation \$1.25 per meal</b>             Menu subject to change without notice</p>	<p><b>Each meal is served with skim milk and your choice of coffee or hot tea.</b></p>	