

March

Bergen County Senior Center Menu

2019

Monday	Tuesday	Wednesday	Thursday	
<p align="center">Suggested Donation \$1.25 per meal</p> <p><small>Donations are voluntary and confidential. No one will be denied a meal if a donation is not given.</small></p>	<p align="center">Each meal is served with skim milk and your choice of coffee or hot tea.</p> <p align="center"><small>Menu subject to change without notice</small></p>	<p align="center"><i>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 (<8 g), 50-55% Carbohydrate, 15-20% Protein (>35 g), 1000 mg or less Sodium. Salt and Sugar are not added to any recipe.</i></p>		<p>1 Pasta Fagioli Soup Eggplant Rollatini Ziti Marinara Cauliflower Oreganata Italian Bread Fresh Orange</p>
<p>4 Carrot Slaw Boneless BBQ Beef Rib Baked Beans Sautéed Collard Greens Club Roll Fresh Green Apple</p>	<p>5 Baby Spinach Salad Hawaiian Boneless Chicken Roasted Potatoes Oriental Vegetables Whole Grain Dinner Roll Pineapple Chunks</p>	<p>6 Chicken Rice Soup Vegetable Lasagna 10 oz. with Béchamel Sauce Zucchini Whole Wheat Bread Fresh Fruit <i>Ash Wednesday</i></p>	<p>7 Minestrone Soup Pork Sausage Sandwich Sautéed Peppers, Onions & Potatoes 1-cup Italian Bread (cut for sandwich size of sausage) Fresh Orange</p>	<p>8 Vegetarian Split Pea Soup Baked Cod Filet with Cream Sauce Brown Rice with Peas Green Beans Rye Bread Applesauce</p>
<p>11 Baby Lettuce Salad Unbreaded Chicken Piccata Roasted Fresh Cut Yam Broccoli Whole Grain Dinner Roll Fresh Fruit</p>	<p>12 Chicken Orzo Soup Swedish Meatballs with Gravy Mashed Potatoes Mixed Vegetables Rye Bread Fresh Orange</p>	<p>13 Lentil Soup Breaded Pollack Tomato Stewed Rice Spinach Whole Wheat Bread Sliced Pears</p>	<p>14 Garden Salad Roast Turkey with Gravy Baked Steak Fries Corn Fresh Apple</p>	<p>15 Corned Beef (send chilled, sliced thin) & Steamed Cabbage Parslied Potatoes Sliced Carrots Irish Soda Bread Holiday Dessert <i>St Patrick's Day Celebration</i></p>
<p>22 Italian Wedding Soup Baked Fish with Tomato Sauce Yellow Rice with Diced Red Peppers Black Beans Corn Bread Sliced Peaches</p>	<p>19 Applesauce Pork Chop with Sauerkraut Stuffing Garden Salad Fresh Fruit</p>	<p>20 Beef Barley Soup Turkey Burger Lettuce Chilled Pasta & Vegetable Salad Whole Wheat Burger Bun Fresh Orange</p>	<p>21 Chicken Noodle Soup Balsamic Breaded Chicken Breast Whipped Sweet Potatoes Peas & Carrots Whole Grain Dinner Roll Fresh Fruit</p>	<p>22 Baby Lettuce Salad Baked Whole Wheat Penne with Ricotta 10 oz Broccoli Italian Bread Fresh Apple</p>
<p>25 Garden Salad Open Hot Roast Beef Sandwich with Gravy (send Roast Beef Sliced Cold) Roasted Fresh Yams Whole Wheat Bread 1-slice Fresh Orange</p>	<p>26 Lentil Soup Tuna Salad Plate on Lettuce Potato Salad Mixed Bean Salad Rye Bread Fresh Apple</p>	<p>27 Chicken Vegetable Soup Chicken Stuffed with Broccoli & Cheese Brown Rice Peas & Carrots Fruit Cocktail</p>	<p>28 Baby Lettuce Salad Italian Meatballs Penne Marinara Sautéed Kale Italian Bread Oatmeal Cookie</p>	<p>29 Mushroom Barley Soup Honey Mustard Breaded Fish Macaroni & Cheese Stewed Tomatoes & Zucchini Rye Bread Fresh Fruit</p>

March is NATIONAL NUTRITION MONTH: If you have a question about your diet, call 201-336-7403 to speak with a Registered Dietitian Nutritionist Free of Charge.

Choose Right - Live Well: Discover the Benefits of a Healthy Eating Style Be Mindful of Portion Sizes, Get Daily Exercise, Make Informed Food Choices, and Reduce Food Waste.

