

## Bergen County Health Care Center

### Fall/Winter Menu

Week of 11/8 – 11/14/20

Sunday (2)	Monday (2)	Tuesday (2)	Wednesday (2)	Thursday (2)	Friday (2)	Saturday (2)
Orange Juice Cream of Wheat Ham & Pepper Omelet Hash Browns Toast Margarine/Jelly Milk C-T-Decaf	Orange Juice Oatmeal Blueberry Muffin Scrambled Egg Margarine/Jelly Milk C-T-Decaf	Orange Juice Oatmeal Hard Cooked Egg English Muffin Margarine/Jelly Milk C-T-Decaf	Orange Juice Farina Cheese Omelet Toast Margarine/Jelly Milk C-T-Decaf	Orange Juice Oatmeal Scrambled Egg Jelly/Margarine Bran Muffin Milk C-T-Decaf	Orange Juice Farina Pancakes w Syrup 2 Sausages Links Margarine/Jelly Milk C-T-Decaf	Orange Juice Cream of Wheat French Toast Sticks/Syrup Bacon Margarine/Jelly Milk C-T-Decaf
Stewed Chicken Wild Rice Blend Green Beans Or Stuffed Shells Pineapple Chunks Milk C-T-Decaf <b>Alt. American Cheese on WW</b>	Salisbury Steak Baked Potato Steamed Carrot Or Stuffed Shells Garlic Bread Baked Cookies w/ cherry Jam Milk C-T-Decaf <b>Alt. Turkey on Wheat</b>	Penne w/Meat Sauce Garlic Bread OR Baked Salmon Braised Potatoes Broccoli Fresh Fruit Milk C-T-Decaf <b>Alt. Soft Salami on Rye</b>	Sausage & Peppers Rice Pilaf OR Lemon Chicken Carrots Diced Pear Milk C-T-Decaf <b>Alt. Egg Salad on White</b>	Turkey Meatloaf w/ Gravy Mashed Potato Stewed Tomato OR Shrimp Scampi w/ Angel Hair Pasta Key Lime Pie Milk C-T-Decaf <b>Alt. Tuna Salad on Croissant</b>	Crab Cakes White Rice Zucchini & Yellow Squash OR Chili Banana Cream Pie Milk C-T-Decaf <b>Alt. Cheese Pizza</b>	Beef & Macaroni Green Peas w/Pearl Onions OR Chef Salad Sliced Peaches Milk C-T-Decaf <b>Alt. Cream Cheese &amp; Jelly</b>
Chicken & dumpling Soup Teriyaki Steak Strips Jasmine Rice Peas & Carrots Or Tuna Salad on Rye Strawberry Mousse Milk C-T-Decaf	Cream of Broccoli Soup Frank n Beans French Fries OR Turkey Burger w/Lettuce and Tomato Creamy Coleslaw Pumpkin Spice Cake W/ Powdered Sugar Milk C-T-Decaf	Lobster Bisque Chicken Salad Plate OR Macaroni & Cheese Three Bean Salad Bread Cheese Tart Milk C-T-Decaf	White Chicken Bean Soup Tuna Melt on Bun Tater Tots California Blend OR Cheeseburger on Bun Ice Cream Milk C-T-Decaf	Italian Wedding Soup Pastrami on Rye Mustard Creamy Coleslaw OR Chicken Nuggets Spiced Apple Milk C-T-Decaf	Navy Bean Soup Eggplant Parmesan Penne Pasta Italian Green Bean OR Philly Cheese Steak Pumpkin Pie Milk C-T-Decaf	Tomato Soup Egg Salad Sandwich Marinated Beet Salad OR Grilled Cheese Sandwich Tiramisu Milk C-T-Decaf

**Breakfast – Assorted cold cereals**

**Lunch & Supper – See “Meal Substitution List”**