

Bergen County Health Care Center

Fall/Winter Menu

3/7 – 3/13/2021

Sunday (1)	Monday (1)	Tuesday (1)	Wednesday (1)	Thursday (1)	Friday (1)	Saturday (1)
Orange Juice Cream of Wheat Scrambled Egg Danish/Toast Margarine/Jelly Milk C-T-Decaf	Orange Juice Oatmeal French Toast Sticks/Syrup Margarine Milk C-T-Decaf	Orange Juice Oatmeal Scrambled Egg/Cheese Toast Margarine/Jelly Milk C-T-Decaf	Orange Juice Cream of Wheat Sausage, egg, cheese burrito Milk C-T-Decaf	Orange Juice Cream of Wheat Pancakes & Bacon Syrup/Margarine Milk C-T-Decaf	Orange Juice Oatmeal Scrambled Egg English Muffin/Jelly Margarine Milk C-T-Decaf	Orange Juice Farina Hard Cooked Egg French Toast or Toast Margarine/Jelly Milk C-T-Decaf
Orange Glazed Boneless Chicken Broccoli Jasmine Rice Or French Bread Pizza Apple Pie Milk C-T-Decaf Egg Salad on Wheat	Fish and Chips Roasted Cauliflower OR Beef Chili White Rice Mandarin Oranges Milk C-T-Decaf Alt. Ham on WW	Eggplant Rollatini Peas OR Shrimp Stir-fry Fried Rice Pineapple chunk w/ cherries Milk C-T-Decaf Alt. Salami on Soft Rye	Swiss Steak Sweet Potato Green Cabbage OR Macaroni & Cheese Chocolate Cream Pie Milk C-T-Decaf Alt. Sliced turkey on Rye	Curry Chicken Creamed Spinach Wild Rice Mix OR Pasta Primavera Garlic Bread Parfait Milk C-T-Decaf Alt. Egg Salad on White	Baked Fish Oreganata Tartar Sauce & Lemon Scalloped Potatoes Glazed Carrots Or BBQ Short Ribs Applesauce Milk C-T-Decaf Alt. Tuna on White	Chicken Cordon Blue OR Manicotti Brussels Sprouts and Pearl Onions Red Velvet Cake Milk C-T-Decaf Alt. Liverwurst on Rye
NE Clam Chowder Roast Pork loin Mashed Potato Beets OR Mini Cheese Ravioli Jell-O Cubes Milk C-T-Decaf	Chicken Barley Soup Italian Hero Potato Salad OR Steak-ums w/ Onions On a Bun Red Bean and Corn Salad Strawberry Shortcake Milk C-T-Decaf	Potato & Leek Soup Meatball Hero Italian Blend Vegetables OR Chicken Gumbo White Rice Tapioca Pudding Milk C-T-Decaf	Tomato Bisque Soup Tuna Salad Croissant Three Bean Salad OR Chicken Parmesan Penne Pasta Pineapple Chunks Milk C-T-Decaf	Beef Noodle Soup Ham and Swiss Melt Macaroni Salad OR Pasta Bolognese (Beef) Butterscotch Pudding Milk C-T-Decaf	Butternut Squash Soup Chicken Pot Pie OR Turkey Chili with Rice Mixed Vegetables Chocolate Tart w/ Whipped Topping Milk C-T-Decaf	Hearty Vegetable Soup Seafood Creole w/ White Rice OR Cheese Blintzes w/ Blueberry Topping Ice Cream Milk C-T-Decaf

Breakfast – Assorted cold cereals

Lunch & Supper – See “Meal Substitution List”