

**Bergen County Health Care Center**

**Fall/Winter/Menu  
10/4 – 10/10/2020**

<b>Sunday (3)</b>	<b>Monday (3)</b>	<b>Tuesday (3)</b>	<b>Wednesday (3)</b>	<b>Thursday (3)</b>	<b>Friday (3)</b>	<b>Saturday (3)</b>
Orange Juice Cream of Wheat Cheese Omelet Mini Corn Muffin Margarine/Jelly Milk C-T-Decaf	Orange Juice Oatmeal Scrambled Eggs Corn Beef Hash Toast Margarine/Jelly Milk C-T-Decaf	Orange Juice Farina Pancakes/Syrup Sausage Margarine/Syrup Milk C-T-Decaf	Orange Juice Oatmeal Scrambled Egg and Cheese Bacon Bagel/Toast Margarine/Jelly Cream Cheese Milk C-T-Decaf	Orange Juice Oatmeal Egg Omelet w Cheese Toast Margarine/Jelly Milk C-T-Decaf	Orange Juice Cream Of Wheat French Toast Sticks/Syrup Sausage Links Margarine Milk C-T-Decaf	Orange Juice Farina Hard Cooked Egg Bran Muffin Margarine/Jelly Milk C-T-Decaf
Hawaiian Chicken White Rice Green Beans Cheesecake Or Baked Ziti Milk C-T-Decaf <b>Alt. Swiss Cheese on Rye</b>	Beef Stew Broccoli OR Turkey Meatballs Mashed Potatoes Baked Cookies Milk C-T-Decaf <b>Alt. Cream Cheese &amp; Jelly</b>	Chicken Stir Fry Low-Mein Bermuda Blend Vegetables OR Kielbasa w/Sauerkraut Ice Cream Milk C-T-Decaf <b>Alt. Egg Salad on White</b>	Pot Roast w/Gravy Mashed Potatoes Vegetable Medley OR Crab Cakes Spanish Rice Banana Cream Pie Milk C-T-Decaf <b>Alt. Bologna On Soft roll</b>	Stuffed Cabbage White Rice California Blend Veg OR BBQ Chicken Mandarin Orange Milk C-T-Decaf <b>Alt. Liverwurst on Rye</b>	Crusted Potato Tilapia Pierogis Roasted Vegetables OR Vegetable Lasagna w/ Sauce Baked Sliced Apples Milk C-T-Decaf <b>Alt. Tuna Salad on WW</b>	Penne & Meatballs Garlic Bread Mixed Vegetables OR Chicken Tenders Sweet Potato Wedges Tropical Fruit Salad Milk C-T-Decaf <b>Alt. Peanut Butter &amp; Jelly</b>
Beef Vegetable Soup Chicken Sandwich Marinated Tomato Salad Or Stuffed Pepper Sherbet Milk C-T-Decaf	Cream of Mushroom Soup Poached Salmon Plate OR Spaghetti and Meat Sauce Green Bean Butterscotch Pudding	Lentil Soup Sheppard's Pie Mixed Vegetables OR Stuffed Shells Apple Turn Over Milk C-T-Decaf	Chicken and Wild Rice Soup Lox Platter OR Sloppy Joe on a Bun French Fries Creamy Coleslaw Angel Food Cake Milk C-T-Decaf	Tomato Florentine Soup Mac & Cheese Italian Blend Vegetables OR Turkey and Swiss Melt Macaroni Salad Apricots Milk C-T-Decaf	Manhattan Clam Chowder Fish Cake on Bun Tartar Sauce Diced Carrots OR Turkey Pot Pie Rice Pudding Milk C-T-Decaf	Corn Chowder Soup Slice Turkey Platter Garbanzo Bean Salad OR Beef Pot Pie Chocolate Cake Milk C-T-Decaf

**Breakfast – Assorted cold cereals**

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