

# APRIL



# Bergen County Senior Center Menu

# 2024

### **Suggested Donation \$1.25 per meal**

*Donations are voluntary and confidential.  
No one will be denied a meal if a donation is not given.*

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 (<8g), 50-55% Carbohydrate, 15-20% Protein (>35g), 1000mg or less Sodium. Salt and sugar are not added to any recipe. *Menu subject to change without notice.*

Monday	Tuesday	Wednesday	Thursday	Friday
<b>1 Broccoli Soup</b> <b>Pork Loin with Gravy</b> Diced Sweet Potato Sweet Peas Whole Wheat Bread Fresh Seasonal Fruit	<b>2 Caesar Salad</b> <b>Chicken Cordon Bleu</b> Wild Rice Pilaf Diced Carrots Multi-Grain Bread Mandarin Orange <i>Caesar Salad Dressing</i>	<b>3 Tomato Soup</b> <b>Homestyle Meatloaf with Gravy</b> Mashed Potatoes Harvard Beets Whole Grain Dinner Roll Fresh Seasonal Fruit	<b>4 Marinated Chickpea Salad</b> <b>Stuffed Cabbage</b> Diced Roasted Potatoes Sautéed Spinach Rye Bread Fresh Seasonal Fruit	<b>5 Pasta Fagioli Soup</b> <b>Turkey and Swiss with Romaine on Whole Grain Roll</b> Red Skin Potato Salad Broccoli Slaw Fresh Seasonal Fruit <i>Mayonnaise</i>
<b>8 Marinated Beet and Onion Salad</b> <b>Korean BBQ Chicken Leg</b> Brown Rice Garlic String Beans Multi-Grain Bread Mandarin Orange	<b>9 Chicken and Rice Soup</b> <b>Egg Salad Platter on Romaine</b> Vegetable Couscous Carrot Slaw Pumpernickel Bread (1 slice) Fresh Seasonal Fruit	<b>10 Marinated Tomato Salad</b> <b>LS Ham Steak</b> Baked Sweet Potato Succotash Rye Bread Fresh Seasonal Fruit <i>Mustard</i>	<b>11 Minestrone with Kale Soup</b> <b>Salisbury Steak</b> Mashed Potatoes Broccoli Florets Whole Grain Dinner Roll Fresh Seasonal Fruit	<b>12 Garden Salad</b> <b>Chicken Parmesan</b> Rigatoni with Marinara Sautéed Spinach with Garlic Whole Grain Italian Bread Italian Ice <i>Italian Dressing/Parmesan Cheese</i>
<b>15 Lentil Soup</b> <b>Stuffed Peppers (Turkey)</b> Yellow Rice California Vegetable Medley Rye Bread Fresh Seasonal Fruit	<b>16 Garden Salad</b> <b>Roast Beef with Gravy</b> Baked Potato Peas and Carrots Whole Grain Roll Fresh Seasonal Fruit <i>Thousand Island Dressing</i>	<b>17 Beef Barley Soup</b> <b>Tuna Salad Platter</b> Broccoli Slaw Macaroni Salad Pumpernickel Bread Banana <i>National Banana Day</i> 	<b>18 Israeli Salad</b> <b>Cheeseburger with Lettuce, Tomato on Whole Wheat Bun</b> Baked Beans Mexican Corn Apple Slices/ <i>Ketchup</i>	<b>19 Pesto Bean Soup</b> <b>Eggplant Rollatini</b> Penne with Marinara Sauce Sautéed Escarole and Beans Whole Wheat Italian Bread Fresh Seasonal Fruit <i>Parmesan Cheese</i>
<b>22 Spinach Salad</b> <b>Herb Roasted Chicken Leg</b> Diced Sweet Potato Roasted Broccoli and Cauliflower Multi-Grain Bread Fresh Seasonal Fruit <i>Balsamic Vinaigrette Dressing</i>	<b>23 Chicken Noodle Soup</b> <b>Cheese Omelet</b> Diced Herbed Potatoes Peppers and Onions Whole Wheat Bread Pineapple Tidbits	<b>24 Marinated Chickpea Salad</b> <b>Baked Ziti with Meatballs</b> Sautéed Spinach with Onions Whole Grain Garlic Knot Fresh Seasonal Fruit <i>Parmesan Cheese</i>	<b>25 Spring Mix Salad</b> <b>Chicken Piccata</b> Roasted Red Skin Potatoes Carrot Coins Whole Grain Dinner Roll Clementine <i>Balsamic Vinaigrette</i>	<b>26 Escarole and Bean Soup</b> <b>Swedish Meatballs</b> Herbed noodles Corn Niblets Rye Bread Fresh Seasonal Fruit
<b>29 Israeli Salad</b> <b>Chicken Cacciatore</b> Linguini with Marinara Sauce Sautéed Spinach with Garlic Whole Grain Italian Bread Fresh Seasonal Fruit <i>Parmesan Cheese</i>	<b>30 Italian Wedding Soup</b> <b>Beer Battered Fish</b> Yellow Rice Broccoli Florets Rye Bread Fresh Seasonal Fruit <i>Tartar Sauce/Lemon Wedge</i>			Each meal is served with skim milk and your choice of coffee or hot tea.