

March

Bergen County Senior Center Menu

2026

Suggested Donation \$1.25 per meal

Donations are voluntary and confidential.

No one will be denied a meal if a donation is not given.

Guest Meals - \$5.37

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
2 Navy Bean Soup Stuffed Cabbage Diced Roasted Potatoes Garlic String Beans Rye Bread Fresh Seasonal Fruit	3 Broccoli Cheddar Soup Tuna Salad with Romaine Vegetable Orzo Salad Broccoli Health Salad Whole Grain Roll Fresh Seasonal Fruit	4 Garden Salad/<i>French</i> Roast Turkey with Gravy Mashed Potatoes Diced Carrots Multigrain Bread Fresh Seasonal Fruit <i>Cranberry Sauce</i>	5 Chicken Rice Soup Korean BBQ Chicken Leg Yellow Rice Asian Vegetable Blend Whole Wheat Roll Pineapple Slices	6 Cream of Tomato Soup Cheese Omelet Potato Wedges Diced Peppers and Onions Blueberry Muffin Mandarin Oranges <i>Ketchup</i>
9 Vegetable Soup Cheeseburger with Lettuce and Tomato Baked Beans Red Skin Potato Salad Whole Grain Burger Bun Fresh Seasonal Fruit	10 Cream of Turkey Soup Chicken Salad Platter over Greens Beet and Onion Salad Carrot Sticks Pumpernickel Bread Fruit Cocktail	11 Cream of Mushroom Soup Pork Tenderloin with Apple Cinnamon Glaze Roasted Sweet Potato Mixed Vegetable Blend Rye Bread Fresh Seasonal Fruit	12 Marinated Caprese Salad Chicken Florentine Rice Pilaf Carrot Coins Whole Grain Roll Fresh Seasonal Fruit	13 Marinated Chickpea and Tomato Salad Stuffed Shells with Marinara Sautéed Spinach with Cannellini Beans Garlic Bread Sliced Peaches
16 New England Clam Chowder Fish Filet with Lemon Sauce Yellow Rice Broccoli Florets Whole Wheat Roll Fresh Seasonal Fruit	17 Spinach Salad Corned Beef  Yellow Parslied Potatoes Sautéed Cabbage and Carrots Irish Soda Bread St. Patrick's Day Cupcakes <i>Honey Mustard Dressing/Mustard</i>	18 Caesar Salad Chicken Parmesan Rotini with Marinara Sauce Italian Blend Vegetables Garlic Bread Fresh Seasonal Fruit <i>Caesar Dressing/Parm Cheese</i>	19 Beef Barley Soup Homestyle Meatloaf with Mushroom Gravy Mashed Potatoes Zucchini with Tomatoes Whole Wheat Bread Fresh Seasonal Fruit	20 Minestrone Soup Egg Salad Platter on Spinach Vegetable Quinoa Salad Carrot Slaw with Raisins Rye Bread Fruit Yogurt
23 Marinated Chickpea Salad Stuffed Peppers Baked Potato <i>sour cream</i> Carrot Coins Whole Wheat Bread Fresh Seasonal Fruit	24 Butternut Squash Soup LS Ham Steak with Pineapple Mashed Sweet Potato Braised Red Cabbage Rye Bread Pudding Cup	25 Garden Salad/<i>Ranch</i> Pot Roast with Gravy Mashed Potato Baby Peas Multigrain Bread Fresh Seasonal Fruit	26 Italian Wedding Soup Seafood Salad on Spinach Vegetable Pasta Salad 3-Bean Salad Whole Grain Roll Oatmeal Raisin Cookie	27 Tuscan White Bean Soup Manicotti with Marinara Cannellini Beans Italian Vegetable Blend Garlic Knot Fresh Seasonal Fruit
30 Potato Leek Soup Sweet Chicken Sausage Oven Browned Potatoes Sautéed Peppers and Onions Multi-Grain Roll Fresh Seasonal Fruit <i>Ketchup/Mustard</i>	31 Chicken Noodle Soup Roast Turkey and Cheddar with Lettuce and Tomato Red Skin Potato Salad Carrot and Raisin Slaw Whole Wheat Bread (x2) Brownie <i>mayo/mustard</i>	    		

Each meal is served with skim milk and your choice of coffee or hot tea.

Prepared by Nancy Turnier, MS, RDN Registered Dietitian