

August

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
3 Health Salad Chicken Scampi Brown Rice with Scampi Sauce Sweet Baby Peas Whole Wheat Bread Fresh Seasonal Fruit 	4 Spring Mix Salad <i>Italian</i> Pork Loin with Apple Cinnamon Glaze Diced Sweet Potato Brussel Sprouts Pumpernickel Bread Diced Peaches 	5 Marinated Antipasto Salad Vegetable Lasagna Cannellini Beans Italian Blend Vegetables Garlic Bread Fresh Seasonal Fruit <i>Parmesan Cheese</i>	6 Roast Turkey and Cheddar Cheese with Lettuce and Tomato Vegetable Quinoa Salad Carrot and Raisin Slaw Rye Bread (x2) <i>Mayonnaise</i> Fresh Seasonal Fruit	7 Spinach Salad <i>Balsamic</i> Homestyle Meatloaf with Gravy Baked Potato <i>Sour Cream</i> Green Beans Almondine Whole Wheat Roll Fresh Seasonal Fruit
10 Escarole and Bean Soup Stuffed Cabbage Mashed Potato Broccoli Florets Multigrain Bread Fresh Seasonal Fruit	11 Creamy Cucumber Salad Chicken Tikka Masala Basmati Rice Mixed Greens Naan Fruit Yogurt 	12 Roast Beef and Provolone with Lettuce and Tomato Vegetable Pasta Salad 3-Bean Salad <i>Mayonnaise</i> Whole Wheat Bread (x2) Fresh Seasonal Fruit	13 Garden Salad <i>Ranch Drsng</i> LS Ham Steak with Pineapple Mashed Sweet Potato Red Cabbage Rye Bread Fruit Cocktail	14 Garden Salad <i>Thousand Island</i> BBQ Chicken Leg Corn on the Cob Vegetable Quinoa Salad Whole Wheat Dinner Roll Sliced Watermelon
17 Marinated Chickpea Salad Stuffed Peppers Potatoes Au Gratin Italian Flat Beans Whole Wheat Bread Fresh Seasonal Fruit	18 Broccoli Cheddar Soup Egg Salad with Lettuce and Tomato Vegetable Orzo Salad Beet and Onion Salad Rye Bread (x2) Fresh Seasonal Fruit	19 Tomato Onion Salad Beer Battered Cod Oven Baked Tater Tots Mixed Vegetables Whole Wheat Bread Fresh Seasonal Fruit 	20 Health Salad Beef and Broccoli Stir Fried Brown Rice Asian Blend Vegetables Whole Wheat Roll Mandarin Oranges	21 Garden Salad <i>French</i> Chicken Cordon Bleu Rice Pilaf Sliced Carrots Multigrain Roll Brownie 
24 Garden Salad <i>Balsamic</i> Pot Roast with Gravy Baked Potato <i>Sour Cream</i> Broccoli Spears Multigrain Bread Fresh Seasonal Fruit	25 Caesar Salad Chicken Parmesan Penne Marina Italian Blend Vegetables Garlic Knot Fresh Seasonal Fruit <i>Caesar Dressing/Parmesan Cheese</i>	26 Split Pea Soup Baked Herbed Chicken Rice Pilaf Sautéed Spinach Hawaiian Bread Cubed Watermelon	27 Minestrone Soup Tuna Salad with Lettuce and Tomato Vegetable Couscous Salad 3-Bean Salad Pumpernickel Bread (x2) Fresh Peach	28 Carrot and Raisin Slaw Beef Hot Dog (x2) Baked Beans Vegetable Macaroni Salad Hot Dog Roll (x2) Ice Cream Cups
31 Cheeseburger with Lettuce and Tomato Red Skin Potato Salad Broccoli Slaw Hamburger Bun Rainbow Sherbet	   			

Each meal is served with 1% milk and your choice of coffee or hot tea. Prepared by Nancy Turnier, MS, RDN Registered Dietitian