

October

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
				
5 Minestrone Soup Fish with Lemon Caper Sauce Yellow Rice Carrot Coins Whole Grain Roll Fresh Seasonal Fruit <i>Lemon Wedge</i>	6 Butternut Squash Soup LS Ham Steak with Pineapple Roasted Diced Sweet Potato Broccoli Florets Rye Bread Fresh Seasonal Fruit	7 Marinated Antipasto Salad Italian Turkey Sausage Rigatoni Marinara Sauteed Onions and Peppers Whole Grain Hoagie Roll Fresh Seasonal Fruit <i>Parmesan Cheese</i>	1 Spinach Mushroom Salad Eggplant Rollatini with Italian Meatballs Marinara Rigatoni Marinara Garlic Knot Fresh Seasonal Fruit <i>Parmesan Cheese/Italian Dressing</i>	2 Garden Salad/ <i>Honey Mustard</i> Bratwurst with Sauerkraut German Potato Salad Braised Red Cabbage Hoagie Roll Apple Danish <i>Mustard</i>
12 Closed  	13 Carrot Soup Homestyle Meatloaf with Gravy Mashed Potatoes Green Beans Almondine Whole Grain Roll Fresh Seasonal Fruit	14 Creamy Cucumber Salad Chicken Tikka Masala Basmati Rice Sweet Peas Naan Fresh Seasonal Fruit 	15 NE Clam Chowder Soup Tuna Noodle Salad over Romaine Beet and Onion Salad Carrot and Raisin Slaw Whole Wheat Roll Fresh Seasonal Fruit	16 Garden Salad/ <i>Balsamic</i> Korean BBQ Chicken Leg Yellow Rice Broccoli Florets Whole Grain Bread Fresh Seasonal Fruit
19 Chicken Noodle Soup Roast Turkey with Gravy Cornbread Stuffing Mashed Potatoes Glazed Carrots Fresh Seasonal Fruit <i>Cranberry Sauce</i>	20 Garden Salad/ <i>Italian Dressing</i> Chicken Marsala Wild Rice Pilaf Chopped Spinach Whole Grain Roll Fresh Seasonal Fruit	21 Cream of Potato Soup Breaded Pork Chop with Gravy Whipped Sweet Potato Sauteed Red Cabbage Rye Bread Apple Slices	22 Lentil Soup Stuffed Cabbage Mashed Potatoes California Blend Vegetables Whole Wheat Bread Fresh Seasonal Fruit	23 Italian Wedding Soup Egg Salad Sandwich with Lettuce and Tomato Vegetable Quinoa Salad Marinated Tomato Salad Pumpernickel Bread Fresh Seasonal Fruit
26 Broccoli and Cheese Soup Cheese Omelet Breakfast Turkey Sausage O'Brien Potatoes Sauteed Onions and Peppers Blueberry Muffin Fresh Seasonal Fruit <i>Ketchup</i>	27 Marinated Tomato and Cucumber Salad Beef Chili Con Carne Brown Rice Sweet Peas Cornbread Fresh Seasonal Fruit <i>Cheddar Cheese</i> 	28 Cream of Tomato Soup Turkey and Swiss with Lettuce and Tomato Sandwich <i>Mustard/Mayonnaise</i> Red Skin Potato Salad Coleslaw Whole Wheat Roll Fresh Seasonal Fruit	29 Caesar Salad/ <i>Caesar Dressing</i> Chicken Cordon Bleu Mashed Potatoes Corn Niblets Whole Grain Dinner Roll Fresh Seasonal Fruit	30 Garden Salad/ <i>French</i> Chicken Parmesan Penne Marinara String Beans Garlic Bread Ice Cream Cups <i>Parmesan Cheese</i> 

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

Prepared by Nancy Turnier, MS, RDN Registered Dietitian