September 2023 Phone Number 973-569-4099

PASSAIC COUNTY DIVISION OF NUTRITION SERVICES — **Congregate**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	SEPTEMBER IS NATIONAL FRUITS & VEGGIES MONTH #NFVM2023 #haveaplant			**1** Juice / Tuna Salad Sandwhich / Potato Salad / 3 Bean Salad / Wheat Bread / Chocolate Brownie
4 CLOSED HAPPY LABOR DAY	**5** Juice / Hot Roast Beef Sandwich / Green Beans / French Fries / Sub Roll / Cookies	**6** Juice / Pizza / Beet Salad / Tossed Salad / Fresh Fruit	**7** Juice / Hot dogs (2) / Veggie Beans / Sauerkraut / 2 Hot dog buns / Jell-O	**8** Juice / Crusted Cod Fish / Yellow Rice & Beans / Green Beans / Rye Bread / Fruit Cocktail
11 Eggplant Rollatini / Pasta / Asparagus / Wheat Bread / Diced Peaches	**12** Juice / Breaded Chicken Tenders / Roasted Potatoes / Carrots / Wheat Bread / Orange Muffin	**13** Juice / Pork Loin w/Gravy / Stuffing / Peas & Mushrooms / Dinner Roll / Vanilla Pudding	**14** Juice / Meatloaf / Roasted Potatoes / Broccoli & Cauliflower / Dinner roll / Fruit Cocktail	**15** Juice / Macaroni & Cheese / Carrots / Green Beans / Dinner Roll / Chocolate Pudding
18 Juice / Cheeseburger / Tatertots / Coleslaw / Hamburger Roll / Vanilla Pudding	**19** Juice / Stuffed Shells / Meatballs / Green Beans / Dinner Roll / Oatmeal Cookies	**20** Juice / Chicken Chow Mein / White Rice / Brocolli / Sugar Cookies	**21** Juice / Pot Roast / Mashed Potatoes / Carrots / Dinner Roll / Fruit Cocktail	**22** Juice / Egg Salad Sandwich / Macaroni Salad / Black Bean & Corn Salad / Rye Bread / Muffin
25 Juice / Pasta Bolanase / Green Salad / Dinner Roll / Cookies	**26** Juice / Stuffed Cabbage / Buttered White Rice / Carrots / Rye Bread / Sliced Apples	**27** Juice / Chicken Marsala / Mashed Potatoes / Green Beans / Dinner Roll / Vanilla Pudding	**28** Juice / Turkey w/Gravy / Stuffing / Peas & Carrots / Wheat Bread / Diced Pears	**29** Juice / Italian Sub / Potato Chips / Coleslaw / Sub Roll / Fresh Fruit

Portion Sizes:
* Meat or Alternative - 3 oz. Cooked
* Vegetables and Fruits - 1/2 cup serving each
* 1/2 pt. Milk
* All menus provide 1/3 of the Daily Recommended Allowance

Fruit and Vegetable of the Month:
Grapes, Figs, Spicy Peppers

Prepared by: John Chipman, Program Dietitian
All menus are subject to change