

November 2025 Phone Number 973-569-4099

PASSAIC COUNTY DIVISION OF NUTRITION SERVICES

Congregate

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 Juice Stuffed Cabbage Boiled Potatoes Italian Mixed Veg. Wheat Bread Fresh Fruit	4 CLOSED 	5 Juice Chicken Marsala Mashed Potato Green Beans Italian Bread Cookie	6 Chicken Noodle Soup Pork Loin w/Gravy Stuffing Peas & Mushrooms Dinner Roll Fruit Cup	7 Juice Potato Crusted Fish Yellow Rice & Beans Spinach Bun Vanilla Pudding
10 Juice Macaroni & Cheese Stewed Tomatoes Green Beans Dinner Roll Chocolate Pudding	11 CLOSED 	12 Juice Breaded Chicken Tenders Potato Coins Carrots Wheat Bread Muffin	13 Cream of Chicken Pot Roast Rice Brussel Sprouts Dinner Roll Fruit Cocktail	14 Juice Egg Salad Sandwich Macaroni Salad Black Bean & Corn Salad Rye Bread (2) Fresh Fruit
17 Juice Stuffed Peppers Boiled Potatoes Italian Mix Vegetables Wheat Bread Muffin	18 Mushroom Soup Italian Sub Chickpeas Potato Chips Coleslaw Sub Roll Danish	19 Juice Chicken Cacciatore Rice Broccoli Italian Bread Fresh Fruit	20 Vegetable Soup Sliced Turkey Cornbread Stuffing Green Beans Dinner Roll Pie	21 Juice Lasagna Italian Veggies Meatballs (3) Italian Bread Fresh Fruit
24 Juice Hawaiian Ham Steak Yams Green Beans Wheat Bread Applesauce	25 Tomato Soup Chicken Parm Pasta Italian Mixed Vegetables Dinner Roll Diced Peaches	26 Juice Meatloaf Mashed Potatoes Brussel Sprouts Dinner Roll Donut	27 CLOSED	28 HOLIDAY

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:

Apples, Plantains, Mustard Greens, Swiss Chard, Kale, Broccoli Rabe, Collard Greens, and Cranberry

Prepared by: John Chipman, Program Dietitian

All menus are subject to change