

# JANUARY 2026 Phone Number 973-569-4099

PASSAIC COUNTY DIVISION OF NUTRITION SERVICES

Congregate



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			<b>1</b> CLOSED 	<b>2</b> Juice Seafood Salad Potato Salad Beets Dinner Roll Vanilla Pudding
<b>5</b> Juice Stuffed Cabbage Boiled Potatoes Italian Mixed Veg. Wheat Bread Cookie	<b>6</b> <b>Mushroom Soup</b> Hot dogs (2) Veggie Beans Sauerkraut 2 Hot dog buns Fruit Cup	<b>7</b> Juice Smothered Chicken Cornbread Stuffing Collard Greens Dinner Roll Danish	<b>8</b> <b>Cream of Chicken Soup</b> Meatloaf Mashed Potatoes Brussel Sprouts Dinner Roll Fruit Cocktail	<b>9</b> Juice Egg Salad Sandwich Macaroni Salad Black Bean & Corn Salad Rye Bread (2) Pudding
<b>12</b> Juice Stuffed Peppers Roasted Potatoes Mixed Veggies Wheat Bread Cookie	<b>13</b> <b>Vegetable Soup</b> Chicken Parm Pasta Italian Mixed Vegetables Dinner Roll Diced Peaches	<b>14</b> Juice Meatball Hero Buttered Noodles Italian Blend Hoagie Roll Pudding	<b>15</b> <b>Tomato Soup</b> Sausage,pepper,onions Potato Coins Broccoli Hoagie roll Fruit Cup	<b>16</b> Juice Crusted Cod Fish Yellow Rice & Beans Green Beans Italian Bread Fruit Cocktail
<b>CLOSED</b> <b>Martin Luther King Jr. Day</b>	<b>20</b> <b>Chicken Noodle Soup</b> Macaroni & Cheese Stewed Tomatoes Green Beans Dinner Roll Chocolate Pudding	<b>21</b> Juice Italian Sub Chickpeas Potato Chips Coleslaw Sub Roll Danish	<b>22</b> <b>Vegetable Soup</b> Chicken Marsala Mashed Potato Green Beans Wheat Bread Donut	<b>23</b> Juice Tuna Salad Sandwich Macaroni Salad 3 Bean Salad Rye Bread (2) Jello
<b>26</b> Juice Eggplant Rollatini Pasta Brussell Sprouts Wheat Bread Diced Peaches	<b>27</b> <b>Mushroom Soup</b> Breaded Chicken Tenders Roasted Potatoes Carrots Wheat Bread Jello	<b>28</b> Juice Cheeseburger Tatertots Coleslaw Hamburger Roll Vanilla Pudding	<b>29</b> <b>Cream of Chicken</b> Pot Roast Mashed Potatoes Carrots Dinner Roll Fruit Cocktail	<b>30</b> Juice Potato Pierogies Red Cabbage Brussel Sprouts Dinner Roll Applesauce

## 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:

Tangerines, Dried Cranberries, Sundried Tomatoes, & Raisins

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