










# May 2023 Phone Number 973-569-4099

PASSAIC COUNTY DIVISION OF NUTRITION SERVICES

Congregate

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>1</b> Juice Stuffed Cabbage Boiled Potatoes Italian Mixed Veg. Wheat Bread Fresh Fruit	<b>2</b> Juice Turkey & Swiss Sandwich Macaroni Salad Beet Salad Rye Bread Diced Peaches	<b>3</b> Juice Smothered Chicken Patty Cornbread Stuffing Collard Greens Dinner Roll Corn Muffin	<b>4</b> Juice Meatloaf Mashed Potatoes Brussel Sprouts Dinner Roll Fruit Cocktail	<b>5</b> Juice Tacos Black Beans Spanish Rice Plantains Apple Sauce
<b>8</b> Juice Garden Burger Sweet Potato Fries Broccoli Burger Bun Fresh Fruit	<b>9</b> Juice Seafood Salad Potato Salad Beets Dinner Roll Vanilla Pudding	<b>10</b> Juice Chicken Marsala Baked Potato Baby Carrots Wheat Bread Fresh Fruit	<b>11</b> Juice Sausage, Peppers, onions Potato Coins Broccoli Hoagie Roll Fruit Cup	 <b>12</b> Juice Pizza Beet Salad Tossed Salad Chocolate Brownie
<b>15</b> Juice Stuffed Peppers Boiled Potatoes Italian Mix Vegetables Wheat Bread Blueberry Muffin	 <b>16</b> Juice Macaroni & Cheese Stewed Tomatoes Green Beans Dinner Roll Chocolate Pudding	 <b>17</b> Juice Italian Sub Potato Chips Coleslaw Sub Roll Fresh Fruit	<b>18</b> Juice Pot Roast Veggie Beans Mashed Potatoes Wheat Bread Jell-O	 <b>19</b> Juice Crusted Cod Fish Yellow Rice & Beans Green Beans Rye Bread Fruit Cocktail
<b>22</b> Juice Eggplant Rollatini Pasta Asparagus Wheat Bread Diced Peaches	 <b>23</b> Juice Breaded Chicken Tenders Roasted Potatoes Carrots Wheat Bread Orange Muffin	<b>24</b> Juice Pork Loin w/Gravy Stuffing Peas & Mushrooms Dinner Roll Vanilla Pudding	 <b>25</b> Juice Chicken Marsala Mashed Potato Italian Blend Italian Bread Short Bread Cookie	<b>26</b> Juice 1 Hotdog 1 Hamburger Baked Potato Coleslaw Hotdog Bun Hamburger Bun Chocolate Pudding
<b>29</b> Closed Holiday 	 <b>30</b> Juice Stuffed Shells Meatballs Green Beans Dinner Roll Oatmeal Cookies	<b>31</b> Juice Baked Chicken Thigh Buttered Rice Peas and Carrots Rye Bread Fresh Fruit	 <p><b>OLDER AMERICANS MONTH</b></p> <p><b>AGING UNBOUND: MAY 2023</b></p>	

**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:  
Limes, Mangoes, Potatoes, &Rhubarb

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