

March 2026 Phone Number 973-569-4099



PASSAIC COUNTY DIVISION OF NUTRITION SERVICES

Congregate

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<u>2</u> Juice Hot dog Veggie Beans Sauerkraut Hot Dog Bun Fresh Fruit	<u>3</u> Chicken Noodle Soup Roast Beef w/ Gravy Mashed Potatoes Peas Wheat Bread (2) Cookie	<u>4</u> Juice Stuffed Shells Meatballs Green Beans Dinner Roll Fruit Cup	<u>5</u> Vegetable Soup Turkey w/Gravy Stuffing Peas & Carrots Wheat Bread Jello	<u>6</u> Juice Egg Salad Sandwich Macaroni Salad Black Bean & Corn Salad Rye Bread (2) Pudding
<u>9</u> Juice Honey Apple Pork Loin White Rice Green Beans Roll Applesauce	<u>10</u> Clam Chowder Soup Teriyaki Chicken Rice Pilaf Corn Bun Brownie	<u>11</u> Juice Meatloaf Mashed Potato Carrots Roll Peach Cup	<u>12</u> Mushroom Soup Chicken Croquettes Roasted Potato Wedges Red Cabbage Dinner Roll Vanilla Pudding	<u>13</u> Juice Baked Pollock Turmeric Basmati Rice Yellow Squash & Red Onion Rye Bread Gelatin Cup
<u>16</u> Juice Hot Turkey Sandwich Mashed Potato Corn Bread (2) Pear Cup	<u>17</u> Potato Soup Corned Beef Casserole Boiled Potatoes Cabbage Irish Soda Bread Fresh Fruit	<u>18</u> Juice Chili Beef and Bean Polenta Greenbeans Roll Chocolate Pudding	<u>19</u> Lentil Soup Pork Stew Sweet Potato Zucchini Rye Bread Fresh Fruit	<u>20</u> Juice Stuffed Shells White Beans Carrots Italian Bread Rice Bar
<u>23</u> Juice Eggplant Gratin Meatballs (3) California Blend Roll Vanilla Pudding	<u>24</u> Vegetable Soup Turkey Enchilada Casserole Pineapple Coleslaw Cornbread Dinner Roll Peach Cup	<u>25</u> Juice Chicken Cacciatore Penne Peas and Carrots Bread Blushing Pineapple	<u>26</u> Chicken Noodle Soup Oven-Fried Chicken Macaroni and Cheese Peas Bread Fresh Fruit	<u>27</u> Juice Tortellini Primavera Yellow Squash Dinner Roll Apple Sauce
<u>30</u> Juice Mexican Lasagna Spanish Rice Broccoli Bread Mini Chocolate Cookies	<u>31</u> Juice Ginger Soy Chicken Fried Rice Asian Mixed Vegetable Roll Vanilla Pudding			

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:
Asparagus, Kiwi, Guava, and Grapefruit.

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