

April 2026 Phone Number 973-569-4099

PASSAIC COUNTY DIVISION OF NUTRITION SERVICES

Congregate

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 <p style="color: blue; font-weight: bold;">April Showers Bring May Flowers</p>		<p><u>1</u></p> <p>Juice</p> <p>Breaded Pork Cutlet</p> <p>Whipped Sweet Potato</p> <p>Green Beans</p> <p>Bread</p> <p>Applesauce</p>	<p><u>2</u></p> <p>Juice</p> <p>Chicken Stew</p> <p>Rice</p> <p>Spinach</p> <p>Roll</p> <p>Gelatin Cup</p>	<p><u>3</u></p> <p style="color: red; font-weight: bold;">Closed</p> 
<p><u>6</u></p> <p>Juice</p> <p>Oven Fried Chicken</p> <p>White Rice</p> <p>Corn</p> <p>Bread</p> <p>Applesauce</p>	 <p><u>7</u></p> <p>Juice</p> <p>Mac and Cheese</p> <p>Stewed Tomatoes</p> <p>Peas</p> <p>Roll</p> <p>Fudge Brownie</p>	<p><u>8</u></p> <p>Juice</p> <p>Lemon Mustard Chicken</p> <p>Potato Wedges</p> <p>Red Cabbage</p> <p>Bread</p> <p>Vanilla Pudding</p>	 <p><u>9</u></p> <p>Juice</p> <p>Baked Ziti</p> <p>Meatballs</p> <p>Carrots</p> <p>Roll</p> <p>Diced Peaches</p>	<p><u>10</u></p> <p>Juice</p> <p>Braised Chicken</p> <p>Brown Rice Pilaf</p> <p>Broccoli</p> <p>Bread</p> <p>Gelatin Cup</p>
 <p><u>13</u></p> <p>Juice</p> <p>Roast Turkey Breast</p> <p>Brown Rice</p> <p>Corn</p> <p>Roll</p> <p>Diced Pears</p>	<p><u>14</u></p> <p>Juice</p> <p>Pierogies & Saurkraut</p> <p>Potato Salad</p> <p>Green Cabbage</p> <p>Roll</p> <p>Orange</p>	 <p><u>15</u></p> <p>Juice</p> <p>Lemon Chicken Thigh</p> <p>Polenta</p> <p>Green Beans</p> <p>Bread</p> <p>Chocolate Pudding</p>	<p><u>16</u></p> <p>Juice</p> <p>Pork Stew</p> <p>White Rice</p> <p>Zucchini</p> <p>Roll</p> <p>Diced Peaches</p>	<p><u>17</u></p> <p>Juice</p> <p>Eggplant Rollatini</p> <p>Mashed Potato</p> <p>Carrots</p> <p>Roll</p> <p>Chocolate Chip Cookies</p>
<p><u>20</u></p> <p>Juice</p> <p>Baked Pollock</p> <p>Rice Pilaf</p> <p>California Mixed Blend</p> <p>Bread</p> <p>Vanilla Pudding</p>	 <p><u>21</u></p> <p>Juice</p> <p>Pulled Pork</p> <p>Roasted Potatoes</p> <p>Peas&Carrots</p> <p>Hoogie Roll</p> <p>Diced Peaches</p>	<p><u>22</u></p> <p>Juice</p> <p>Chicken Cacciatore</p> <p>Penne</p> <p>Peas and Carrots</p> <p>Bread</p> <p>Orange</p>	 <p><u>23</u></p> <p>Juice</p> <p>BBQ Chicken Thigh</p> <p>Mac and Cheese</p> <p>Stewed Tomatoes</p> <p>Bread</p> <p>Apple</p>	<p><u>24</u></p> <p>Juice</p> <p>Whitefish</p> <p>Yellow Rice</p> <p>Squash</p> <p>Bread</p> <p>Tropical Fruit Cup</p>
<p><u>27</u></p> <p>Juice</p> <p>Lemon Chicken Thigh</p> <p>Cilantro Lime Rice</p> <p>Broccoli</p> <p>Bread</p> <p>Crispy Rice Bar</p>	<p><u>28</u></p> <p>Juice</p> <p>BBQ Meatloaf</p> <p>Potato Wedge</p> <p>Asian Mixed Vegetables</p> <p>Bread</p> <p>Vanilla Pudding</p>	<p><u>29</u></p> <p>Juice</p> <p>Pork Cutlet</p> <p>Mashed Sweet Potato</p> <p>Green Beans</p> <p>Roll</p> <p>Shortbread Cookie</p>	<p><u>30</u></p> <p>Juice</p> <p>Stuffed Manicotti</p> <p>Meatballs</p> <p>Spinach&Mushroom</p> <p>Roll</p> <p>Apple</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 Veggies of the Month: Green Onions, Leeks, and Asian Pear

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