








May 2026 Phone Number 973-569-4099

PASSAIC COUNTY DIVISION OF NUTRITION SERVICES

Congregate

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 <h2 style="margin: 0;">MENTAL HEALTH MONTH</h2>				<u>1</u> Juice Mustard Crusted Pork Yellow Rice Red Cabbage Italian Bread Shortbread Cookie
<u>4</u> Juice Honey Apple Pork Loin White Rice Green Beans Roll Applesauce	<u>5</u> Juice Mexican Pulled Chicken Black Beans and Rice Corn Corn Bread Muffin Fruit	<u>6</u> Juice Turkey Meatloaf Mashed Potato Carrots Roll Peach Cup	 <u>7</u> Juice Chicken Croquettes Potato Wedges Red Cabbage Dinner Roll Vanilla Pudding	<u>8</u> Juice Baked Pollock Turmeric Basmati Rice Yellow Squash Red Onion Rye Bread Gelatin Cup
<u>11</u> Juice Hot Turkey Sandwich Mashed Potato Corn Bread (2) Pear Cup	 <u>12</u> Juice Kielbasa Parslied Potatos Green Cabbage Dinner Roll Fresh Orange	<u>13</u> Juice Chili Beef and Bean Polenta Green Beans Roll Chocolate Pudding	<u>14</u> Juice Pork Stew Sweet Potato Zuchini Rye Bread Banana	<u>15</u> Juice Stuffed Shells White Beans Carrots Italian Bread Rice Bar
<u>18</u> Juice Eggplant Gratin Meatballs (3) California Blend Roll Vanilla Pudding	 <u>19</u> Juice Turkey Enchilada Casserole Pineapple Coleslaw Cornbread Dinner Roll Peach Cup	<u>20</u> Juice Chicken Cacciatore Penne Peas and Carrots Bread Blushing Pineapple	 <u>21</u> Juice Oven-Fried Chicken Macaroni and Cheese Peas Bread Fresh Fruit	<u>22</u> Juice 1 Hotdog 1 Cheese Burger Baked Beans Sauerkraut 1 Hotdog Bun 1 Burger Bun Cookie
<u>25</u> Closed Holiday 	 <u>26</u> Juice Ginger Soy Chicken Fried Rice Asian Mixed Vegetable Roll Vanilla Pudding	<u>27</u> Juice Breaded Pork Cutlet Whipped Sweet Potato Green Beans Bread Applesauce	<u>28</u> Juice Chicken Stew Rice Spinach Roll Gelatin Cup	<u>29</u> Juice Baked Pollock Brown Rice Brussel Sprouts Rye Bread Muffin

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