



# May 2025 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 Meatloaf Mashed Potatoes Brussel Sprouts Dinner Roll Fruit Cocktail	<u>2</u> Juice Chicken Salad Sandwich Macaroni Salad 3 Bean Salad Rye Bread Cookie	<u>3</u> Juice Sausage, Peppers, onions Potato Coins Broccoli Hoagie Roll Fruit Cup	<u>4</u> Juice Chicken Marsala Baked Potato Baby Carrots Wheat Bread Muffin	<u>5</u> Juice Crusted Cod Fish Yellow Rice & Beans Green Beans Rye Bread Fruit Cocktail
<u>6</u> Juice Burrito Black beans Spanish Rice Plantains Wheat Bread Churro	<u>7</u> Juice Seafood Salad Potato Salad Beets Dinner Roll Vanilla Pudding	<u>8</u> Juice Italian Sub Potato Chips Coleslaw Chickpeas Sub Roll Fresh Fruit	<u>9</u> Juice Pot Roast Mashed Potatoes Carrots Wheat Bread Jell-O	<u>10</u> Juice Stuffed Peppers Boiled Potatoes Italian Mix Vegetables Wheat Bread Muffin
<u>11</u> Juice Eggplant Rollatini Pasta Asparagus Italian Bread Diced Peaches	<u>12</u> Juice Macaroni & Cheese Stewed Tomatoes Green Beans Dinner Roll Chocolate Pudding	<u>13</u> Juice Pork Loin w/Gravy Stuffing Peas & Mushrooms Dinner Roll Vanilla Pudding	<u>14</u> Juice Hawaiian Ham Steak Yams Green Beans Wheat Bread Fresh Fruit	<u>15</u> Juice 1 Hotdog 1 Hamburger Tatertots Coleslaw Hotdog Bun Hamburger Bun Cookie
<u>16</u> <b>Closed Holiday</b> 	<u>17</u> Juice Stuffed Shells Meatballs Green Beans Dinner Roll Pudding	<u>18</u> Juice Turkey & Swiss Sandwich Macaroni Salad Beet Salad Rye Bread Diced Peaches	<u>19</u> Juice Baked Chicken Thigh Buttered Rice Peas & Carrots Rye Bread Jell-O	<u>20</u> Juice Egg Salad Sandwich Macaroni Salad Black Bean & Corn Salad 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