

July 2025 Phone Number 973-569-4099

PASSAIC COUNTY DIVISION OF NUTRITION SERVICES

Congregate

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|--|--|--|---|
|  | 1 Juice Seafood Salad Potato Salad Beets Dinner Roll Vanilla Pudding | 2 Juice Hot dogs (2) Veggie Beans Sauerkraut 2 Hot dog buns Jell-O | 3 Juice Pizza Garden Salad Cookies | 4 Closed  |
| 7 Juice Stuffed Peppers Boiled Potatoes Italian Mix Vegetables Wheat Bread Blueberry Muffin | 8 Juice Pot Roast Mashed Potatoes Carrots Dinner Roll Fruit Cocktail | 9 Juice Meatloaf Roasted Potatoes Broccoli & Cauliflower Wheat Bread Fruit Cocktail | 10 Juice Stuffed Cabbage Wild Rice Carrots Rye Bread Sliced Apples | 11 Juice Tuna Salad Sandwich Macaroni Salad 3 Bean Salad Rye Bread Donut |
| 14 Juice Eggplant Rollatini Pasta Veggie Wheat Bread Diced Peaches | 15 Juice Breaded Chicken Tenders Roasted Potatoes Carrots Wheat Bread Orange Muffin | 16 Juice Pork Loin w/Gravy Stuffing Peas & Mushrooms Dinner Roll Vanilla Pudding | 17 Juice Egg Salad Sandwich Macaroni Salad Black Bean & Corn Salad Rye Bread Muffin | 18 Juice Crusted Cod Fish Yellow Rice & Beans Green Beans Rye Bread Fruit Cocktail |
| 21  Juice Cheeseburger Sweet Potato Fries Coleslaw Hamburger Roll Vanilla Pudding | 22 Juice Chicken Marsala Baked Potato Baby Carrots Wheat Bread Fresh Fruit | 23 Juice Stuffed Shells Meatballs Green Beans Dinner Roll Cookies | 24 Juice Italian Sub Potato Chips Chickpeas Coleslaw Sub Roll Fresh Fruit | 25 Juice Macaroni & Cheese Carrots Green Beans Dinner Roll Chocolate Pudding |
| 28 Juice Fried Chicken Mashed Potatoes Broccoli Wheat Bread Fresh Orange | 29 Juice Potato Pierogies Red Cabbage Brussel Sprouts Dinner Roll Shortbread Cookie | 30 Juice Turkey w/Gravy Stuffing Peas & Carrots Wheat Bread Diced Pears | 31 Juice Beef Stew Sweet Potato Peas & Carrots Italian Bread Jell-O |  |

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:
Papaya Mango, Nectarine, Garlic

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