


# April 2024 Phone Number 973-569-4099

## PASSAIC COUNTY DIVISION OF NUTRITION SERVICES

## Congregate

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><u>1</u> Juice Cheeseburger Sweet Potato Fries Coleslaw Hamburger Roll Vanilla Pudding</p> 	<p><u>2</u> Juice Stuffed Shells Meatballs Green Beans Dinner Roll Oatmeal Cookies</p>	<p><u>3</u> Juice Hot Roast Beef Sandwich Green Beans French Fries Sub Roll Jell-O</p>	<p><u>4</u> Juice Meatloaf Roasted Potatoes Broccoli &amp; Cauliflower Dinner roll Fruit Cocktail</p>	<p><u>5</u> Juice Pizza Garden Salad Cookies</p>
<p><u>8</u> Juice Hot dogs (2) Veggie Beans Sauerkraut 2 Hot dog buns Jell-O</p>	<p><u>9</u> Juice Stuffed Cabbage Buttered White Rice Carrots Rye Bread Sliced Apples</p> 	<p><u>10</u> Juice Sausage, Peppers &amp; Onions Potato Coins Broccoli Hoagie roll Fruit Cup</p>	<p><u>11</u> Juice Turkey w/Gravy Stuffing Peas &amp; Carrots Wheat Bread Diced Pears</p> 	<p><u>12</u> Juice Tuna Salad Sandwich Macaroni Salad 3 Bean Salad Rye Bread Chocolate Brownie</p>
<p><u>15</u> Juice Smothered Chicken Patty Cornbread Stuffing Collard Greens Dinner Roll Corn Muffin</p> 	<p><u>16</u> Juice Hawaiian Ham Steak Yams Green Beans Wheat Bread applesauce</p>	<p><u>17</u> Juice Chicken Parm Pasta Italian Mixed Vegetables Dinner Roll Diced Peaches</p> 	<p><u>18</u> Juice Egg Salad Sandwich Macaroni Salad Black Bean &amp; Corn Salad Rye Bread Muffin</p>	<p><u>19</u> Juice Potato Crusted Fish Roasted Potatoes Spinach Bun Vanilla Pudding</p>
<p><u>22</u> Juice Breaded Chicken Tenders Roasted Potatoes Carrots Wheat Bread Orange Muffin</p>	<p><u>23</u> Juice Chicken Chow Mein White Rice Broccoli Cookies</p> 	<p><u>24</u> Juice Pot Roast Mashed Potatoes Carrots Dinner Roll Fruit Cocktail</p>	<p><u>25</u> Juice Baked Chicken Thigh Buttered Rice Peas &amp; Carrots Rye Bread Jell-O</p> 	<p><u>26</u> Juice Lasagna Italian Veggies Meatballs (3) Italian Bread Fresh Fruit</p>
<p><u>29</u> Juice Pork Loin Rice Pilaf Mixed Vegetables Rye Bread Apple Sauce</p>	<p><u>30</u> Juice Chicken Marsala Mashed Potato Green Beans Wheat Bread Corn Muffin</p>	 <p>April Showers Bring May Flowers</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