

JANUARY 2023 Phone Number 973-569-4099

PASSAIC COUNTY DIVISION OF NUTRITION SERVICES

MEALS ON WHEELS



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><u>2</u> Closed Holiday</p> 	<p><u>3</u></p>  <p>Juice Chicken Marsala Mashed Potato Green Beans Wheat Bread Corn Muffin</p>	<p><u>4</u></p> <p>Juice Pot Roast mashed potatoes carrots dinner roll Fruit Cocktail</p>	<p><u>5</u></p> <p>Juice Enchiladas black beans Spanish rice plantains Apple Sauce</p> 	<p><u>6</u></p> <p>Juice Vegetable Lasagna Italian Veggies Meatballs (3) Italian Bread fresh fruit</p>
<p><u>9</u> Juice Stuffed Cabbage Boiled Potatoes Italian Mixed Veg. Wheat Bread fresh fruit</p>	<p><u>10</u> Juice Turkey & Swiss Sandwich Macaroni Salad Beet Salad Rye Bread Diced Peaches</p>	<p><u>11</u> Juice Smothered Chicken Patty Cornbread Stuffing Collard Greens Dinner Roll Corn Muffin</p>	<p><u>12</u> Juice Meatloaf Mashed Potatoes Brussel Sprouts Dinner Roll Fruit Cocktail</p>	<p><u>13</u> Juice Hot dogs (2) Veggie Beans Sauerkraut 2 Hot dog buns fresh fruit</p>
<p>CLOSED</p> 	<p><u>17</u> Juice Seafood Salad Potato Salad Beets Dinner Roll Vanilla Pudding</p>	<p><u>18</u> Juice Chicken Marsala Baked Potato Baby Carrots Wheat Bread FRESH FRUIT</p>	<p><u>18</u></p>  <p>Sausage, Peppers and Onions Potato Coins Broccoli Hoagie roll fruit cup</p>	<p><u>20</u> Tuna Salad Sandwich Macaroni Salad 3 Bean Salad Rye Bread Chocolate Brownie</p>
<p><u>23</u> Bratwurst Potato Pancakes Red Cabbage soft pretzel Chocolate Chip Cookie</p> 	<p><u>24</u> Juice Enchiladas black beans spanish rice plantains Fresh Orange</p> 	<p><u>25</u> Stuffed Peppers Boiled Potatoes Italian Mix Vegetables Wheat Bread Chocolate Pudding</p>	<p><u>26</u> Juice Beef Hot Dogs Veggie Beans Sauerkraut 2 Hot Dog Buns JELL-O</p>	<p><u>27</u> Juice Crusted Cod Fish Yellow Rice & Beans Green Beans Rye Bread Fruit Cocktail</p> 
<p><u>30</u> Juice Eggplant Rollatini Pasta Asparagus Wheat Bread Diced Peaches</p>	<p><u>31</u> Juice Breaded Chicken Tenders Roasted Potatoes Carrots Wheat Bread Orange Muffin</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

Prepared by: Anwaar Gaber, Program Nutritionist
All menus are subject to change