

DECEMBER 2025 Phone Number 973-569-4099

PASSAIC COUNTY DIVISION OF NUTRITION SERVICES

Congregate

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<u>1</u> Juice Macaroni & Cheese Stewed Tomatoes Green Beans Dinner Roll Chocolate Pudding	<u>2</u> Vegetable Soup Roast Beef & Cheese Sandwich Cole Slaw Chickpeas Sub Roll Fig Newtons	<u>3</u> Juice Brautwurst Potato Pancake Red Cabbage Roll Applesauce	<u>4</u> Chicken Noodle Hawaiian Ham Steak Yams Succotash Wheat Bread Cookie	<u>5</u> Juice Crusted Cod Fish Yellow Rice & Beans Green Beans Rye Bread Fruit Cocktail
<u>8</u> Juice Stuffed Peppers Boiled Potatoes Italian Mix Vegetables Wheat Bread Muffin	<u>9</u> Cream of Chicken Chicken Marsala Rice Green Beans Wheat Bread Fruit Cup	<u>10</u> Juice Seafood Salad Potato Salad Beets Dinner Roll Vanilla Pudding	<u>11</u> Mushroom Soup Pork Loin Rice Pilaf Mixed Vegetables Rye Bread Apple Sauce	<u>12</u> Juice Vegetable Lasagna Italian Veggies Meatballs (3) Italian Bread Cookies
<u>15</u> Juice Stuffed Cabbage Boiled Potatoes Italian Mixed Veg. Wheat Bread Pudding	<u>16</u> Chicken Noodle Turkey & Swiss Sandwich Macaroni Salad Beet Salad Rye Bread Diced Peaches	<u>17</u> Juice Hot dogs (2) Veggie Beans Sauerkraut 2 Hot dog buns Fruit cup	<u>18</u> Vegetable Soup Meatball Hero Buttered Noodles Italian Blend Hoagie Diced Pears	<u>19</u> Juice Chicken Cordon Bleu Rice Vegetable Italian Bread Donut
<u>22</u> Juice Potato Pierogies Red Cabbage Brussel Sprouts Dinner Roll Shortbread Cookie	<u>23</u> Cream of Chicken Pot Roast Mashed Potatoes Carrots Dinner Roll Fresh Fruit	<u>24</u> CLOSED 	<u>25</u> CLOSED 	<u>26</u> Juice Tuna Salad Sandwich Macaroni Salad 3 Bean Salad Rye Bread Danish
<u>29</u> Juice Meatloaf Mashed Potatoes Brussel Sprouts Dinner Roll Jello	<u>30</u> Tomato Soup Burrito Black Beans Spanish Rice Corn Fiesta Wheat Bread Cookie	<u>31</u> CLOSED 		

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:

Beets, Turnips, Kumquats, Rutabagam, and Turnips

Prepared by: John Chipman, Program Dietitian

All menus are subject to change