






# JANUARY 2024 Phone Number 973-569-4099

PASSAIC COUNTY DIVISION OF NUTRITION SERVICES

CONGREGATE



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><u>1</u> <b>Closed Holiday</b></p> 	<p><u>2</u> <b>Split Pea Soup</b> Stuffed Shells Meatballs Green Beans Dinner Roll Oatmeal Cookies</p>	<p><u>3</u> Juice Pot Roast Mashed Potatoes Carrots Dinner Roll Fruit Cocktail</p> 	<p><u>4</u> <b>Tomato Soup</b> Vegetable Lasagna Italian Veggies Meatballs (3) Italian Bread Fresh Fruit</p>	<p><u>5</u> Juice Italian Sub Coleslaw Potato chips Sub Roll Chocolate Chip Cookie</p>
<p><u>8</u> <b>New England Clam.</b> Stuffed Cabbage Boiled Potatoes Italian Mixed Veg. Wheat Bread Fresh Fruit</p>	<p><u>9</u> Juice Hot dogs (2) Veggie Beans Sauerkraut 2 Hot Dog Buns Fruit Cup</p>	<p><u>10</u> <b>Cream of Mushroom</b> Smothered Chicken Patty Cornbread Stuffing Collard Greens Dinner Roll Corn Muffin</p> 	<p><u>11</u> Juice Meatloaf Mashed Potatoes Brussel Sprouts Dinner Roll Fruit Cocktail</p>	<p><u>12</u> <b>Chicken Noodle Soup</b> Turkey &amp; Swiss Sandwich Macaroni Salad Beet Salad Rye Bread Diced Peaches</p>
<p><b>CLOSED</b></p> 	<p><u>16</u> <b>Vegetable Soup</b> Seafood Salad Potato Salad Beets Dinner Roll Vanilla Pudding</p>	<p><u>17</u> Juice Pizza Garden Salad Cookies</p>	<p><u>18</u> <b>Cream of Potato</b> Sausage and Peppers Potato Coins Broccoli Hoagie Roll Fruit Cup</p> 	<p><u>19</u> Juice Tuna Salad Sandwich Macaroni Salad 3 Bean Salad Rye Bread Chocolate Brownie</p>
<p><u>22</u> Juice Stuffed Peppers Roasted Potatoes Mixed Veggies Wheat Bread Blueberry Muffin</p>	<p><u>23</u> <b>Tomato Soup</b> Chicken Parm Pasta Italian Mixed Vegetables Dinner Roll Diced Peaches</p>	<p><u>24</u> Juice Tacos Black Beans Spanish Rice Apple Sauce</p>	<p><u>25</u> <b>New England Clam.</b> Juice Chicken Marsala Mashed Potato Green Beans Wheat Bread Corn Muffin</p>	<p><u>26</u>  Juice Crusted Cod Fish Yellow Rice &amp; Beans Green Beans Rye Bread Fruit Cocktail</p>
<p> <u>29</u> <b>Chicken Noodle Soup</b> Eggplant Rollatini Pasta Asparagus Wheat Bread Diced Peaches</p>	<p> <u>30</u> Juice Breaded Chicken Tenders Roasted Potatoes Carrots Wheat Bread Orange Muffin</p>	<p><u>31</u> <b>Cream of Mushroom</b> Cheeseburger Tatertots Coleslaw Hamburger Roll Vanilla Pudding</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 Vegetable of the Month:  
Tangerines, Dried Cranberries, Sundried  
Tomatoes, & Raisins

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