

July 2024 Phone Number 973-569-4099

PASSAIC COUNTY DIVISION OF NUTRITION SERVICES

Congregate

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Juice Chicken Chow Mein White Rice Broccoli Cookies	2 Juice Seafood Salad Potato Salad Beets Dinner Roll Vanilla Pudding	3 Juice Hot dogs (2) Veggie Beans Sauerkraut 2 Hot dog buns Jell-O	4 Closed   <i>Independence Day</i>	5 Juice Pizza Garden Salad Cookies
8 Juice Stuffed Peppers Boiled Potatoes Italian Mix Vegetables Wheat Bread Blueberry Muffin	9 Juice Pot Roast Mashed Potatoes Carrots Dinner Roll Fruit Cocktail	10 Juice Italian Sub Potato Chips Coleslaw Sub Roll Fresh Fruit	11 Juice Stuffed Cabbage Buttered White Rice Carrots Rye Bread Sliced Apples	12 Juice Tuna Salad Sandwich Macaroni Salad 3 Bean Salad Rye Bread Chocolate Brownie
15 Juice Eggplant Rollatini Pasta Asparagus Wheat Bread Diced Peaches	16 Juice Breaded Chicken Tenders Roasted Potatoes Carrots Wheat Bread Orange Muffin	17 Juice Pork Loin w/Gravy Stuffing Peas & Mushrooms Dinner Roll Vanilla Pudding	18 Juice Egg Salad Sandwich Macaroni Salad Black Bean & Corn Salad Rye Bread Muffin	19 Juice Crusted Cod Fish Yellow Rice & Beans Green Beans Rye Bread Fruit Cocktail
22  Juice Cheeseburger Sweet Potato Fries Coleslaw Hamburger Roll Vanilla Pudding	23 Juice Baked Chicken Thigh Buttered Rice Peas & Carrots Rye Bread Jell-O	24  Juice Stuffed Shells Meatballs Green Beans Dinner Roll Oatmeal Cookies	25 Juice Meatloaf Roasted Potatoes Broccoli & Cauliflower Dinner roll Fruit Cocktail	26 Juice Chicken Marsala Baked Potato Baby Carrots Wheat Bread Fresh Fruit
29 Juice Fried Chicken Mashed Potatoes Broccoli Wheat Bread Fresh Orange	30 Juice Macaroni & Cheese Carrots Green Beans Dinner Roll Chocolate Pudding	31 Juice Turkey w/Gravy Stuffing Peas & Carrots Wheat Bread Diced Pears		

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