
















May 2024 Phone Number 973-569-4099

PASSAIC COUNTY DIVISION OF NUTRITION SERVICES

Congregate

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		<u>1</u> Juice Smothered Chicken Patty Cornbread Stuffing Collard Greens Dinner Roll Corn Muffin	<u>2</u> Juice Meatloaf Mashed Potatoes Brussel Sprouts Dinner Roll Fruit Cocktail	<u>3</u> Juice Tuna Salad Sandwich Macaroni Salad 3 Bean Salad Rye Bread Chocolate Brownie
<u>6</u> Juice Cheeseburger Sweet Potato Fries Broccoli Burger Bun Fresh Fruit	 <u>7</u> Juice Seafood Salad Potato Salad Beets Dinner Roll Vanilla Pudding	 <u>8</u> Juice Sausage, Peppers, onions Potato Coins Broccoli Hoagie Roll Fruit Cup	 <u>9</u> Juice Chicken Marsala Baked Potato Baby Carrots Wheat Bread Fresh Fruit	 <u>10</u> Juice Pizza Beet Salad Tossed Salad Chocolate Brownie
 <u>13</u> Juice Stuffed Peppers Boiled Potatoes Italian Mix Vegetables Wheat Bread Blueberry Muffin	 <u>14</u> Juice Macaroni & Cheese Stewed Tomatoes Green Beans Dinner Roll Chocolate Pudding	 <u>15</u> Juice Italian Sub Potato Chips Coleslaw Sub Roll Fresh Fruit	 <u>16</u> Juice Pot Roast Veggie Beans Mashed Potatoes Wheat Bread Jell-O	<u>17</u> Juice Crusted Cod Fish Yellow Rice & Beans Green Beans Rye Bread Fruit Cocktail
<u>20</u> Juice Eggplant Rollatini Pasta Asparagus Wheat Bread Diced Peaches	 <u>21</u> Juice Breaded Chicken Tenders Roasted Potatoes Carrots Wheat Bread Orange Muffin	 <u>22</u> Juice Pork Loin w/Gravy Stuffing Peas & Mushrooms Dinner Roll Vanilla Pudding	 <u>23</u> Juice Hawaiian Ham Steak Yams Green Beans Wheat Bread Fresh Fruit	<u>24</u> Juice 1 Hotdog 1 Hamburger Tatertots Coleslaw Hotdog Bun Hamburger Bun Chocolate Pudding
<u>27</u> Closed Holiday 	 <u>28</u> Juice Stuffed Shells Meatballs Green Beans Dinner Roll Oatmeal Cookies	 <u>29</u> Juice Turkey & Swiss Sandwich Macaroni Salad Beet Salad Rye Bread Diced Peaches	<u>30</u> Juice Baked Chicken Thigh Buttered Rice Peas & Carrots Rye Bread Jell-O	<u>31</u> Juice Egg Salad Sandwich Macaroni Salad Black Bean & Corn Salad Rye Bread Muffin

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:

Limes, Mangoes, Potatoes, &Rhubarb

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