

# November 2023 Phone Number 973-569-4099

PASSAIC COUNTY DIVISION OF NUTRITION SERVICES

Congregate

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		<u>1</u> <b>Split Pea Soup</b> Italian Sub Potato Chips Coleslaw Sub Roll Fresh Fruit	<u>2</u> <b>Tomato Soup</b> Hot dogs (2) Veggie Beans Sauerkraut 2 Hot dog buns Jell-O	<u>3</u>  Juice Crusted Cod Fish Yellow Rice & Beans Green Beans Rye Bread Fruit Cocktail
<u>6</u> Juice Eggplant Rollatini Pasta Asparagus Wheat Bread Diced Peaches	<u>7</u> <b>CLOSED</b> 	<u>8</u> Juice Pork Loin w/Gravy Stuffing Peas & Mushrooms Dinner Roll Vanilla Pudding	<u>9</u> <b>Chicken Noodle</b> Juice Chicken Marsala Mashed Potato Italian Blend Italian Bread Short Bread Cookie	<u>10</u> <b>CLOSED</b> 
<u>13</u> Juice Cheeseburger Tatertots Coleslaw Hamburger Roll Vanilla Pudding	<u>14</u> <b>Chicken Noodle</b> Stuffed Shells Meatballs Green Beans Dinner Roll Oatmeal Cookies	<u>15</u> Juice Baked Chicken Thigh Buttered Rice Peas & Carrots Rye Bread Jell-O	<u>16</u> Juice Sliced Turkey Cornbread Stuffing Green Beans Dinner Roll Pumpkin Pie	<u>17</u> <b>New England Clam.</b> Egg Salad Sandwich Macaroni Salad Black Bean & Corn Salad Rye Bread Muffin
<u>20</u> Juice Chicken Chow Mein White Rice Broccoli Sugar Cookies	<u>21</u> Juice Stuffed Cabbage Buttered White Rice Carrots Rye Bread Sliced Apples	<u>22</u> <b>Cream of Mushroom</b> Pizza Tossed Salad Vanilla Pudding	<u>23</u> <b>CLOSED</b> 	<u>24</u> <b>HOLIDAY</b>
<u>27</u> <b>Chicken Noodle</b> Salisbury Steak Mashed Potato vegetable Rye Bread Fresh Orange	<u>28</u> Juice Hawaiian Ham Steak Yams Green Beans Wheat Bread applesauce	<u>29</u> <b>Lentil Soup</b> Chicken Parm Pasta Italian Mixed Vegetables Dinner Roll Diced Peaches	<u>30</u> Juice Roast Beef & Cheese Sandwich Cole Slaw Carrots & Broccoli Salad Wheat Bread (2) Jell-O	

**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:**

Apples, Plantains, Mustard Greens, Swiss Chard, Kale, Broccoli Rabe, Collard Greens, and Cranberry  
**Prepared by:** John Chipman, Program Dietitian  
 All menus are subject to change



### 5 tips to survive the holiday season

- **Do not skip meals:** We see trends of people skipping meals because holiday buffets. Keep your intake consistent and avoid feast or famine intake.
- **Incorporate vegetables:** Vitamins, minerals, and fiber to keep your intake balanced.
- **Slow down and savor:** Allow yourself permission to have all the sweet treats because deprivation leads to binging.
- **Get your sleep:** Celebrating and enjoying the season can be fun but also exhausting. Your body can confuse your appetite and satiation hormones .
- **Keep moving your body:** Movement will help reduce stress during the holiday season.