November 2026 Phone Number 973-569-4099

PASSAIC COUNTY DIVISION OF NUTRITION SERVICES — **Congregate**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Juice Honey Apple Pork Loin Rice Green Beans Bread Mandarin Orange	**3** **CLOSED** 	**4** Juice Chicken Pot Pie Braised Red Cabbage Bread Scalloped Apples	**5** Juice Pork & Rice Casserole Stewed Pinto Beans Bread Spiced Peaches	**6** Juice Orange Sauce Turkey Meatballs Brown Rice Corn Bread Banana
9 Juice Lemon Chicken Thigh Rice Pilaf Red Cabbage Bread Apples and Oats Crisp	**10** Juice Chicken Jambalaya Corn Bread Spiced Peaches	**11** **CLOSED** 	**12** Juice Ham & Beans Brown Rice Lyonnaise Carrots Bread Apple	**13** Juice Turkey Swedish Meatballs White Rice Italian Beets Bread Banana
16 Juice Maryland Chicken Plain Egg Noodle Green Beans Bread Mandarin Orange	**17** Juice Cheese Lasagna Rollup Peas Bread Peach Cobbler Cake	**18** Juice Chicken Rice Casserole Baby Carrots Bread Apple Buckle Cake	**19** Juice Sliced Turkey Cornbread Stuffing Green Beans Dinner Roll Pie	**20** Juice Pork&Chicken Stew Brown Rice Bread Chocolate Pudding
23 Juice Vegetable Lasagna Broccoli Bread Peach Cobbler Cake	**24** Juice Sweet and Sour Turkey Meatballs Brown Rice Corn Bread Banana	**25** Juice Smothered Chicken Orzo Bread Apples&Oats Crisp	**26** **CLOSED**	**27** **HOLIDAY**
30 Juice Orange Sauce Turkey Meatballs Rice Vegetable Stirfry Bread Applesauce				





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, Brocolli Rabe, Collard Greens, and Cranberry

Prepared by: John Chipman, Program Dietitian

All menus are subject to change