

October 2024 Phone Number 973-569-4099

PASSAIC COUNTY DIVISION OF NUTRITION SERVICES

Congregate

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<p><u>1</u></p> <p>Split Pea Soup Hawaiian Ham Steak Yams Green Beans Wheat Bread Applesauce</p>	<p><u>2</u></p> <p>Juice Breaded Chicken Tenders Roasted Potatoes Carrots Wheat Bread Cookies</p>	<p><u>3</u></p> <p>Chicken Noodle Roast Beef & Cheese Sandwich Cole Slaw Carrots & Broccoli Salad Wheat Bread (2) Jell-O</p>	<p><u>4</u></p> <p>Juice Potato Crusted Fish Roasted Potatoes Spinach Bun Vanilla Pudding</p>
<p><u>7</u></p> <p>Juice Pot Roast Baked Potato Carrots Dinner Roll Fruit Cocktail</p>	<p><u>8</u></p> <p>Lentil Soup Meatball Hero Buttered Noodles Italian Blend Hoagie Diced Pears</p>	<p><u>9</u></p> <p>Juice Stuffed Cabbage Boiled Potatoes Italian Mixed Veg. Wheat Bread Fresh Fruit</p>	<p><u>10</u></p> <p>Mushroom Soup Macaroni & Cheese Stewed Tomatoes Green Beans Dinner Roll Chocolate Pudding</p>	<p><u>11</u></p> <p>Juice Lasagna Italian Veggies Meatballs (3) Italian Bread Fresh Fruit</p>
<p><u>14</u></p> <p>CLOSED</p> 	<p><u>15</u></p> <p>Mushroom Soup Hot dogs (2) Veggie Beans Sauerkraut 2 Hot dog buns Fresh Fruit</p>	<p><u>16</u></p> <p>Juice Smothered Chicken Patty Cornbread Stuffing Collard Greens Dinner Roll Corn Muffin</p>	<p><u>17</u></p> <p>New England Clam. Meatloaf Mashed Potatoes Brussel Sprouts Dinner Roll Fruit Cocktail</p>	<p><u>18</u></p> <p>Juice Turkey & Swiss Sandwich Macaroni Salad Beet Salad Rye Bread Diced Peaches</p>
<p><u>21</u></p> <p>Juice Cheeseburger Tatertots Broccoli Burger Bun Fresh Fruit</p>	<p><u>22</u></p> <p>Split Pea Soup Seafood Salad Potato Salad Beets Dinner Roll Vanilla Pudding</p>	<p><u>23</u></p> <p>Juice Chicken Parm Pasta Italian Mixed Vegetables Dinner Roll Diced Peaches</p>	<p><u>24</u></p> <p>Chicken Noodle Sausage, Peppers & Onions Potato Coins Broccoli Hoagie roll Fruit Cup</p>	<p><u>25</u></p> <p>Juice Tuna Salad Sandwich Macaroni Salad 3 Bean Salad Rye Bread Chocolate Brownie</p>
<p><u>28</u></p> <p>Juice Stuffed Peppers Boiled Potatoes Italian Mix Vegetables Wheat Bread Blueberry Muffin</p>	<p><u>29</u></p> <p>Lentil Soup Stuffed Shells Meatballs Green Beans Dinner Roll Oatmeal Cookies</p>	<p><u>30</u></p> <p>Juice Italian Sub Potato Chips Coleslaw Sub Roll Fresh Fruit</p>	<p><u>31</u></p> <p>Mushroom Soup Chicken Chow Mein White Rice Broccoli Cookies</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:

Pears, Persimmons, Apples, Pumpkins, Ginger, and Tumeric

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