

# DECEMBER 2024 Phone Number 973-569-4099

PASSAIC COUNTY DIVISION OF NUTRITION SERVICES

Congregate

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<u>2</u> Juice Breaded Chicken Tenders Roasted Potatoes Carrots Wheat Bread Cookies	<u>3</u> <b>Split Pea Soup</b> Roast Beef Sandwich Green Beans Mashed Potato Sub Roll Cookies	<u>4</u> Juice Brautwurst Red Cabbage Potato Pancake Roll Applesauce	<u>5</u> <b>Chicken Noodle</b> Hawaiian Ham Steak Yams Green Beans Wheat Bread Applesauce	<u>6</u> Juice Macaroni & Cheese Stewed Tomatoes Green Beans Dinner Roll Chocolate Pudding
<u>9</u> Juice Meatball Hero Buttered Noodles Italian Blend Hoagie Diced pears	<u>10</u> <b>New England Clam</b> Chicken Marsala Mashed Potato Green Beans Wheat Bread Corn Muffin	<u>11</u> Juice Pot Roast Mashed Potatoes Carrots Dinner Roll Fruit Cocktail	<u>12</u> <b>Mushroom Soup</b> Pork Loin Rice Pilaf Mixed Vegetables Rye Bread Apple Sauce	<u>13</u> Juice Vegetable Lasagna Italian Veggies Meatballs (3) Italian Bread Cookies
<u>16</u> Juice Stuffed Cabbage Boiled Potatoes Italian Mixed Veg. Wheat Bread Pudding	<u>17</u> <b>Chicken Noodle</b> Turkey & Swiss Sandwich Macaroni Salad Beet Salad Rye Bread Diced Peaches	<u>18</u> Juice Smothered Chicken Patty Cornbread Stuffing Collard Greens Dinner Roll Corn Muffin	<u>19</u> <b>Lentil Soup</b> Meatloaf Mashed Potatoes Brussel Sprouts Dinner Roll Fruit Cocktail	<u>20</u> Juice Chicken Cordon Bleu Rice Vegetable Italian Bread Fruit Cup
<u>23</u> Juice Cheese Burger Mashed Potatoes Broccoli Burger Bun Brownie	<u>24</u> <b>CLOSED</b> <i>Merry Christmas Eve</i> 	<u>25</u> <b>CLOSED</b> 	<u>26</u> <b>Potato Soup</b> Sausage, Peppers & Onions Potato Coins Broccoli Hoagie Roll Fruit Cup	<u>27</u> Juice Tuna Salad Sandwich Macaroni Salad 3 Bean Salad Rye Bread Chocolate Brownie
<u>30</u> Juice Stuffed Peppers Boiled Potatoes Italian Mix Vegetables Wheat Bread Blueberry Muffin	<u>31</u> <b>CLOSED</b>  			

**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:**

Beets, Turnips, Kumquats, Rutabagam, and Turnips

**Prepared by:** John Chipman, Program Dietitian

All menus are subject to change