

JANUARY 2025 Phone Number 973-569-4099

PASSAIC COUNTY DIVISION OF NUTRITION SERVICES

Congregate



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		<u>1</u> Closed Holiday	<u>2</u> Chicken Noodle Soup Vegetable Lasagna Italian Veggies Meatballs (3) Italian Bread Fresh Fruit	<u>3</u> Juice Italian Sub Coleslaw Potato chips Sub Roll Chocolate Chip Cookie
<u>6</u> Juice Stuffed Cabbage Boiled Potatoes Italian Mixed Veg. Wheat Bread Fresh Fruit	<u>7</u> Mushroom Soup Hot dogs (2) Veggie Beans Sauerkraut 2 Hot dog buns Fruit Cup	<u>8</u> Juice Smothered Chicken Patty Cornbread Stuffing Collard Greens Dinner Roll Corn Muffin	<u>9</u> Lentil Soup Meatloaf Mashed Potatoes Brussel Sprouts Dinner Roll Fruit Cocktail	<u>10</u> Juice Turkey & Swiss Sandwich Macaroni Salad Beet Salad Rye Bread Diced Peaches
<u>13</u> Juice Stuffed Peppers Roasted Potatoes Mixed Veggies Wheat Bread Blueberry Muffin	<u>14</u> Potato Soup Seafood Salad Potato Salad Beets Dinner Roll Vanilla Pudding	<u>15</u> Juice Meatball Hero Buttered Noodles Italian Blend Hoagie Diced pears	<u>16</u> Clam Chowder Sausage,pepper,onions Potato Coins Broccoli Hoagie roll Fruit Cup	<u>17</u> Tuna Salad Sandwich Macaroni Salad 3 Bean Salad Rye Bread Chocolate Brownie
CLOSED 	<u>21</u> Chicken Noodle Soup Chicken Parm Pasta Italian Mixed Vegetables Dinner Roll Diced Peaches	<u>22</u> Juice Salisbury Steak Mashed Potato Vegetable Rye Bread Fresh Orange	<u>23</u> Vegetable Soup Chicken Marsala Mashed Potato Green Beans Wheat Bread Corn Muffin	<u>24</u> Juice Crusted Cod Fish Yellow Rice & Beans Green Beans Rye Bread Fruit Cocktail
<u>27</u> Juice Eggplant Rollatini Pasta Asparagus Wheat Bread Diced Peaches	<u>28</u> Mushroom Soup Breaded Chicken Tenders Roasted Potatoes Carrots Wheat Bread Orange Muffin	<u>29</u> Juice Cheeseburger Tatertots Coleslaw Hamburger Roll Vanilla Pudding	<u>30</u> Lentil Soup Pot Roast Mashed Potatoes Carrots Dinner Roll Fruit Cocktail	<u>31</u> Juice Seafood Salad Potato Salad Beets Dinner Roll Vanilla Pudding

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:
Tangerines, Dried Cranberries, Sundried
Tomatoes, & Raisins

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