






November 2024 Phone Number 973-569-4099

PASSAIC COUNTY DIVISION OF NUTRITION SERVICES

Congregate

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				<u>1</u>  Juice Crusted Cod Fish Yellow Rice & Beans Green Beans Rye Bread Fruit Cocktail
<u>4</u> Juice Eggplant Rollatini Pasta Asparagus Wheat Bread Diced Peaches	<u>5</u> CLOSED 	<u>6</u> Juice Pork Loin w/Gravy Stuffing Peas & Mushrooms Dinner Roll Vanilla Pudding	<u>7</u> Split Pea Soup Chicken Marsala Mashed Potato Italian Blend Italian Bread Short Bread Cookie	<u>8</u> Juice Macaroni & Cheese Carrots Green Beans Dinner Roll Chocolate Pudding
<u>11</u> CLOSED 	<u>12</u> Chicken Noodle Stuffed Shells Meatballs Green Beans Dinner Roll Oatmeal Cookies	<u>13</u> Juice Breaded Chicken Tenders Roasted Potatoes Carrots Wheat Bread Orange Muffin	<u>14</u> New England Clam Pot Roast Mashed Potatoes Carrots Dinner Roll Fruit Cocktail	<u>15</u> Juice Egg Salad Sandwich Macaroni Salad Black Bean & Corn Salad Rye Bread Muffin
<u>18</u> Juice Chicken Chow Mein White Rice Broccoli Sugar Cookies	<u>19</u> Mushroom Soup Stuffed Cabbage Buttered White Rice Carrots Rye Bread Sliced Apples	<u>20</u> Juice Italian Sub Potato Chips Coleslaw Sub Roll Fresh Fruit	<u>21</u> Lentil Soup Sliced Turkey Cornbread Stuffing Green Beans Dinner Roll Pumpkin Pie	<u>22</u> Juice Lasagna Italian Veggies Meatballs (3) Italian Bread Fresh Fruit
<u>25</u> Juice Salisbury Steak Mashed Potato Vegetable Rye Bread Fresh Orange	<u>26</u> Chicken Noodle Hawaiian Ham Steak Yams Green Beans Wheat Bread Applesauce	<u>27</u> Juice Chicken Parm Pasta Italian Mixed Vegetables Dinner Roll Diced Peaches	<u>28</u> CLOSED 	<u>29</u> HOLIDAY

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