

# December 2019

PASSAIC COUNTY DIVISION OF NUTRITION SERVICES

Congregate

| MONDAY   | TUESDAY   | WEDNESDAY   | THURSDAY   | FRIDAY  |
|--|---|---|--|---|
| <u>2</u><br>Chicken Noodle Soup<br>Salisbury Steak<br>Mashed Potato<br>Corn Fiesta<br>Rye Bread<br>Fresh Orange                  | <u>3</u><br>Juice<br>Hawaiian Ham Steak<br>Yams<br>Green Beans<br>Wheat Bread<br>Applesauce                               | <u>4</u><br>Vegetable Soup<br>Chicken Parmesan<br>Pasta<br>Italian Mix Vegetables<br>Dinner Roll<br>Diced Peaches     | <u>5</u><br>Juice<br>Roast Beef &<br>American Cheese Sandwich<br>Classic Cole Slaw<br>Carrot & Broccoli Salad<br>Wheat Bread<br>Jell-O | <u>6</u><br>Broccoli Soup<br>Potato Crusted Fish<br>Roasted Potatoes<br>Spinach<br>Bun<br>Vanilla Pudding                         |
| <u>9</u><br>Juice<br>Meatball Hero<br>Buttered Noodles<br>Italian Blend<br>Hoagie<br>Diced Pears                                 | <u>10</u><br>New England Clam Chowder<br>Pot Roast<br>Mashed Potato<br>Green Beans<br>Wheat Bread<br>Corn Muffin          | <u>11</u><br>Juice<br>Chicken Salad Sandwich<br>California Pasta Salad<br>Beet Salad<br>Wheat Bread<br>Fruit Cocktail | <u>12</u><br>Split Pea Soup<br>Pork Loin w/Gravy<br>Rice Pilaf<br>Mixed Vegetables<br>Rye Bread<br>Applesauce                          | <u>13</u><br>Juice<br>Vegetable Lasagna<br>Spinach<br>Tossed Salad<br>Italian Bread<br>Cinnamon Cookie                            |
| <u>16</u><br>Tomato Soup<br>Stuffed Cabbage<br>Boiled Potatoes<br>Italian Mixed Vegetables<br>Wheat Bread<br>Chocolate Pudding   | <u>17</u><br>Cream of Broccoli<br>Turkey & Swiss Sandwich<br>Macaroni Salad<br>Tossed Salad<br>Rye Bread<br>Diced Peaches | <u>18</u><br>Juice<br>Smothered Chicken Patty<br>Cornbread Stuffing<br>Collard Greens<br>Dinner Roll<br>Corn Muffin   | <u>19</u><br>Cream of Potato Soup<br>Meatloaf<br>Mashed Potatoes<br>Brussel Sprouts<br>Wheat Bread<br>Rice Pudding                     | <u>20</u><br>Italian Wedding Soup<br>Stuffed Chicken<br>Baked Sweet Potato<br>Green Beans Almondine<br>Dinner Roll<br>Carrot Cake |
| <u>23</u><br>Juice<br>Mac & Cheese<br>Green Beans<br>Stewed Tomatoes<br>Italian Bread<br>Sliced Apples                           | <u>24</u><br><b>HOLIDAY</b><br>        | <u>25</u><br><b>HOLIDAY</b><br><i>Kwanzaa Begins</i>  | <u>26</u><br>Cream of Potato Soup<br>Sausage,<br>Peppers & Onions<br>Potato Coins<br>Tossed Salad<br>Hoagie Roll<br>Chocolate Pudding  | <u>27</u><br>Juice<br>Tuna Salad<br>Macaroni Salad<br>3 Bean Salad<br>Rye Bread<br>Chocolate Brownie Cookie                       |
| <u>30</u><br>Cream of Chicken Soup<br>Stuffed Peppers<br>Roasted Potatoes<br>Mixed Vegetables<br>Wheat Bread<br>Blueberry Muffin | <u>31</u><br><b>HOLIDAY</b><br>        |                                   |  |   |

**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

Office Phone Number: 973-569-4099

**Prepared by:** Deborah Paulhus, Program Nutritionist  
All menus are subject to change