





February

## Bergen County Senior Center Menu

2023

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>Please reserve one day in advance before noon.</b>  <b>201-445-5690 / email: northwestcenter@co.bergen.nj.us</b>  <b>Suggested Donation \$1.25 per meal.</b>  Donations are voluntary and confidential.  No one will be denied a meal if a donation is not given.</p>		<p>Meals provide 1/3 recommended Dietary Reference Intakes (DRIs) for older adults. The weekly average nutrient amount of each meal is: 10% or less Saturated Fat (&lt;8 g), 50-55% Carbohydrate, 15-20% Protein (&gt;35 g), 1000 mg or less Sodium. <b>Salt and sugar are not added to any recipe. Each meal is served with skim milk.</b>  <b>Menu subject to change without notice.</b></p>		
		<p><b>1 Garden Salad</b>  <b>Baked Fish with Garlic Lemon Sauce</b>  Baked Sweet Potato  Steamed Beets  Rye Bread  Sliced Peaches  <i>Thousand Island Dressing</i></p>	<p><b>2 Chicken Orzo Soup</b>  <b>Sliced Roast Beef with Gravy</b>  Mashed Potatoes  California Mixed Vegetables  Pumpernickel Bread  Seasonal Fresh Fruit</p>	<p><b>3 Spinach and Tomato Salad</b>  <b>Turkey and Black Bean Chili</b>  Yellow Rice  Green Beans  Whole Wheat Bread  Sliced Pears  <i>Ranch Dressing</i></p>
<p><b>6 BBQ Beef Ribque (Patty)</b>  Roasted Potatoes and Onions  Steamed Carrots  Whole Wheat Bun  Pineapple Tidbits</p>	<p><b>7 Lentil Soup</b>  <b>Chicken Cacciatore</b>  Rice Pilaf  Creamed Spinach  Rye Bread  Seasonal Fresh Fruit</p>	<p><b>8 Italian Meatballs</b>  Ziti with Marinara Sauce  Yellow and Green Squash  Whole Wheat Bread  Tropical Fruit Cup</p>	<p><b>9 Baby Greens Salad</b>  <b>Beef and Broccoli</b>  Seasoned Rice  Stir Fry Vegetables  Rye Bread  Mandarin Oranges  <i>Thousand Island Dressing</i></p>	<p><b>10 Chicken Cordon Bleu</b>  Mashed Potatoes  String Beans  Italian Bread  Seasonal Fresh Fruit</p>
<p><b>13 Tossed Salad</b>  <b>Meat Loaf with Brown Gravy</b>  Baked Potato  Steamed Baby Carrots  Pumpernickel Bread  Seasonal Fresh Fruit  <i>Italian Dressing</i></p>	<p><b>14 BBQ Chicken Leg</b>  Mashed Potatoes  Corn with Red Peppers  Whole Wheat Roll  Fruit Cocktail</p>	<p><b>15 Tuscan Vegetable Soup</b>  <b>Sliced Turkey with Gravy</b>  Roasted Sweet Potatoes  Broccoli Florets  Rye Bread  Sliced Pears</p>	<p><b>16 Spinach and Tomato Salad</b>  <b>Sweet and Sour Meatballs</b>  Whole Wheat Ziti  Roasted Brussel Sprouts  Italian Bread  Seasonal Fresh Fruit  <i>Balsamic Dressing</i></p>	<p><b>17 Tomato Soup</b>  <b>Sliced Pork Tenderloin with Applesauce</b>  Wild Rice  Steamed Kale  Whole Wheat Kaiser Roll  Seasonal Fresh Fruit</p>
<p><b>20 CLOSED</b></p> 	<p><b>21 Mushroom Barley Soup</b>  <b>Salisbury Steak with Gravy</b>  Mashed Potatoes  French Cut Green Beans  Whole Wheat Bread  Seasonal Fresh Fruit</p>	<p><b>22 Garden Salad</b>  <b>Lemon-Pepper Baked Fish</b>  Rice and Beans  Spinach Parmesan  Pumpernickel Bread  Seasonal Fresh Fruit  <i>Ranch Dressing</i></p> <div style="border: 1px solid black; padding: 5px; display: inline-block;"> Ash Wednesday </div>	<p><b>23 Chicken Noodle Soup</b>  <b>Chicken Marsala</b>  Brown Rice  Baby Peas  Rye Bread  Fruit Cocktail</p>	<p><b>24 Chickpea Salad/Vinaigrette</b>  <b>Mini Cheese Ravioli</b>  Sautéed Collard Greens with Garlic  Whole Wheat Bun  Seasonal Fresh Fruit</p>
<p><b>27 Tossed Salad</b>  <b>Breaded Chicken Piccata</b>  Mashed Potatoes  Steamed Baby Carrots  Whole Wheat Bread  Pineapple Chunks  <i>Italian Dressing</i></p>	<p><b>28 Chickpea Salad/Vinaigrette</b>  <b>Baked Macaroni and Cheese (10 oz)</b>  Broccoli Florets  Pumpernickel Bread  Seasonal Fruit</p>	 <p><b>Happy Valentine's Day!</b></p>		