









April 2022 Phone Number 973-569-4099

PASSAIC COUNTY DIVISION OF NUTRITION SERVICES

MEALS ON WHEELS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				<p><u>1</u> Juice Vegetable Lasagna Spinach Carrots Italian Bread Cinnamon Cookie</p>
<p><u>4</u> Juice Stuffed Cabbage Boiled Potatoes Italian Mixed Veg. Wheat Bread Chocolate pudding</p>	<p><u>5</u> Juice  Turkey & Swiss Sandwich Macaroni Salad Beet Salad Rye Bread Diced Peaches</p>	<p><u>6</u> Smothered Chicken Patty Cornbread Stuffing Collard Greens Dinner Roll Corn Muffin</p>	<p><u>7</u> Juice Meatloaf Mashed Potatoes Brussel Sprouts Dinner Roll Fruit Cocktail</p>	<p><u>8</u> Juice 2 Beef Hot Dogs Veggie Beans Sauerkraut Danish Fresh Oranges</p>
<p><u>11</u> Juice  Cheeseburger sweet potato fries coleslaw hamburger roll vanilla pudding</p>	<p><u>12</u> Juice Turkey w/Gravy Rice Pilaf Mixed Vegetables Dinner Roll Vanilla Pudding</p>	<p><u>13</u> Juice  Chicken Marsala Baked Potato Baby Carrots Wheat Bread Fruit Cocktail</p>	<p><u>14</u> Juice Sausage, Peppers and Onions Potato Coins Broccoli soft Roll Chocolate Pudding</p>	<p><u>15</u>  GOOD FRIDAY</p>
<p>Stuffed Peppers Boiled Potatoes Italian Mix Vegetables Wheat Bread Chocolate Pudding vanilla pudding Happy Easter!</p>	<p><u>19</u> Juice  Fried Chicken Mac & Cheese Baby Carrot Dinner Roll Fresh Orange</p>	<p><u>20</u> Juice Italian Sub Potato Chips Coleslaw Sub Roll Chocolate Chip Cookie</p>	<p><u>21</u> Juice Veggie Chicken Patty Candied Yams Broccoli Wheat Bread Jell-O</p>	<p><u>22</u> Juice Crusted Cod Fish Yellow Rice & Beans Green Beans Rye Bread Fruit Cocktail</p>
<p><u>25</u> Juice Eggplant Rollatini Pasta Asparagus Wheat Bread Diced Peaches</p>	<p><u>26</u> Juice Breaded Chicken Tenders Roasted Potatoes Carrots Wheat Bread Orange Muffin</p>	<p><u>27</u> Juice Pork Loin w/Gravy Stuffing Peas & Mushrooms Dinner Roll Vanilla Pudding</p>	<p><u>28</u> Juice  Chicken Marsala Mashed Potato Italian Blend Italian Bread Short Bread Cookie</p>	<p><u>29</u> Juice Macaroni & Cheese Carrots Green Beans Dinner Roll Chocolate Pudding</p>

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

Prepared by: Anwaar Gaber, Program Nutritionist
All menus are subject to change