

May 2023 Phone Number 973-569-4099

PASSAIC COUNTY DIVISION OF NUTRITION SERVICES

Congregate

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<u>1</u> Juice Stuffed Cabbage Boiled Potatoes Italian Mixed Veg. Wheat Bread Fresh Fruit	<u>2</u> Juice Turkey & Swiss Sandwich Macaroni Salad Beet Salad Rye Bread Diced Peaches	<u>3</u> Juice Smothered Chicken Patty Cornbread Stuffing Collard Greens Dinner Roll Corn Muffin	<u>4</u> Juice Meatloaf Mashed Potatoes Brussel Sprouts Dinner Roll Fruit Cocktail	<u>5</u> Juice Tacos Black Beans Spanish Rice Plantains Apple Sauce
<u>8</u> Juice Garden Burger Sweet Potato Fries Broccoli Burger Bun Fresh Fruit	<u>9</u> Juice Seafood Salad Potato Salad Beets Dinner Roll Vanilla Pudding	<u>10</u> Juice Chicken Marsala Baked Potato Baby Carrots Wheat Bread Fresh Fruit	<u>11</u> Juice Sausage, Peppers, onions Potato Coins Broccoli Hoagie Roll Fruit Cup	<u>12</u> Juice Pizza Beet Salad Tossed Salad Chocolate Brownie
<u>15</u> Juice Stuffed Peppers Boiled Potatoes Italian Mix Vegetables Wheat Bread Blueberry Muffin	<u>16</u> Juice Macaroni & Cheese Stewed Tomatoes Green Beans Dinner Roll Chocolate Pudding	<u>17</u> Juice Italian Sub Potato Chips Coleslaw Sub Roll Fresh Fruit	<u>18</u> Juice Pot Roast Veggie Beans Mashed Potatoes Wheat Bread Jell-O	<u>19</u> Juice Crusted Cod Fish Yellow Rice & Beans Green Beans Rye Bread Fruit Cocktail
<u>22</u> Juice Eggplant Rollatini Pasta Asparagus Wheat Bread Diced Peaches	<u>23</u> Juice Breaded Chicken Tenders Roasted Potatoes Carrots Wheat Bread Orange Muffin	<u>24</u> Juice Pork Loin w/Gravy Stuffing Peas & Mushrooms Dinner Roll Vanilla Pudding	<u>25</u> Juice Chicken Marsala Mashed Potato Italian Blend Italian Bread Short Bread Cookie	<u>26</u> Juice 1 Hotdog 1 Hamburger Baked Potato Coleslaw Hotdog Bun Hamburger Bun Chocolate Pudding
<u>29</u> Closed Holiday 	<u>30</u> Juice Stuffed Shells Meatballs Green Beans Dinner Roll Oatmeal Cookies	<u>31</u> Juice Baked Chicken Thigh Buttered Rice Peas and Carrots Rye Bread Fresh Fruit	 OLDER AMERICANS MONTH AGING UNBOUND: MAY 2023	

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:
Limes, Mangoes, Potatoes, & Rhubarb

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



Aging **UNBOUND**

Growing old is an honor that not everyone achieves. It is important to remember this during Older Americans Month.

Everyone needs protein to be strong and rebuild their muscles, fight infection , and recover after a long day.

As we get older it can be harder to keep that protein intake adequate to meet our needs.

Here are some tips to improve protein intake without breaking the bank.

- Enjoy beans to increase your protein intake. Try adding them to salads, soups, rice dishes.
- Incorporate eggs into your diet. For added protein throw some cheese into your scrambled eggs or your omelets
- Cook with milk instead of water for oatmeal, soup, and baking.
- Nuts or nut butters are a great way to increase your protein intake while snacking