

May 2019

Bergen County Meals on Wheels Menu

Frozen Meal Plan

Suggested Donation
\$1.25 per meal

Donations are voluntary and confidential; no one will be denied service if a donation is not provided.

Each entrée is served with 1-slice of bread, fresh fruit, dessert, and 2% milk.

Menu subject to change without notice

Each meal provides 1/3 recommended Dietary Reference Intakes (DRIs) for older adults. The weekly average nutrient content of each meal is: <10% Saturated Fat (≤8g), 15-20% Protein (>32g), 50-55% Carbohydrate, 1000 mg or less Sodium. Salt and sugar are not added to any recipe.

| Delivery Date | -----7-Day Frozen Meal Pack----- | | | | | | |
|---------------|---|---|---|--|--|--|---|
| 4/26-5/2 | BBQ Chicken Roasted Potatoes Carrots | Cheese Lasagna with Tomato Sauce Italian Vegetables | Chicken Marsala Rice Pilaf Brussel Sprouts | Lemon Caper Fish Mashed Potatoes Spinach | Seasoned Pork Sweet Potatoes Broccoli | Balsamic Chicken Pasta Green Beans | Latin Beef Stew Yellow Rice Vegetable Blend |
| 5/3-5/9 | Crusted Fish Macaroni & Cheese Brussel Sprouts | Cheese Omelet Onions & Peppers Roasted Potatoes Pears | Turkey & Bean Chili Brown Rice Carrots <i>Cinco de Mayo</i> | Chicken Milanese Pasta Mixed Vegetables | Sweet & Sour Meatballs Brown Rice Oriental Vegetables | Cheese Ravioli with Tomato Sauce & Cheese Italian Vegetables | Chicken Stew Roasted Potatoes Zucchini |
| 5/10-5/16 | Chicken Breast a La King Rice Piaf Spinach | Honey Mustard Pork Roasted Potatoes Brussel Sprouts <i>Mother's Day</i> | Chicken Cacciatore Whole Grain Pasta Green Beans | Salisbury Steak Mashed Sweet Potatoes Broccoli | Eggplant Parmesan Kale Carrots | Lemon Pepper Fish Rice Pilaf Mixed Vegetables | Macaroni & Beef Casserole Brussel Sprouts |
| 5/17-5/23 | Whole Grain Deep Dish Cheese Pizza Broccoli | Beef Stir Fry Brown Rice Oriental Vegetables | Crusted Fish Macaroni & Cheese Brussel Sprouts | Fettuccini Alfredo Peas Carrots | Sweet Italian Sausage Red Skin Potatoes Peppers & Onions | Chicken Teriyaki Brown Rice Oriental Vegetables | Beef Burger Diced Potatoes Green Beans |
| 5/24-5/30 | Chicken Strips in Basil Cream Sauce Whole Grain Pasta Broccoli | Honey Mustard Pork Roasted Potatoes Brussel Sprouts | Chicken Picatta Wild Rice Green Beans | Beef Burger Seasoned Diced Potatoes Green Beans <i>Memorial Day Closed</i> | Lemon Pepper Fish Rice Pilaf Mixed Vegetables | BBQ Chicken Mashed Sweet Potatoes Cauliflower | Meatballs with Mushroom Gravy Noodles Broccoli |
| 5/31-6/6 | Manicotti with Tomato Sauce Pasta Spinach | Chicken Florentine Mashed Potatoes Carrots | Latin Beef Stew Yellow Rice Blended Vegetables | Organic Black Bean Veggie Burger Cauliflower | Sweet & Sour Meatballs Brown Rice Oriental Vegetables | Crusted Fish Sweet Potatoes Mixed Vegetables | French Toast with Strawberry Compote Turkey Sausage Roasted Potatoes |

The Meals on Wheels Program provides a home delivered meal and personal contact to confirm your safety. **The driver cannot leave a meal without speaking with you.** Please call the office at 201-336-7420 if you will not be home to accept your meal, or if you did not hear the driver and an 'Attempted to Deliver' tag was left. If we do not hear from you, we will stop your meal delivery and may call the police to make sure that you are safe. Failure to abide by the program rules may result in termination from the Meals on Wheels Program. Thank you for your cooperation.

Residents who are homebound and live alone are encouraged to participate in the *Bergen County Wellness Check Program*. The 'Wellness Check Program' is a robo call to check that you are safe. The call is made on the days and time that the individual specifies. For information on this free service, please call 201-336-7400.

Closed Monday, 5/27 in observance of Memorial Day. No deliveries will be made on this date. Individuals who normally receive delivery on Monday can receive 2-wk supply on Monday, 5/20. If you have a question, please call Meals on Wheels at 201-336-7420 between 8:00 am -4:00 pm M-F.

