

July 2019

Bergen County Meals on Wheels Program

Hot Meal Plan

Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
Weekend Program – High Risk clients only Both meals delivered Frozen on Friday						

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

Suggested Donation \$1.25 per Meal Donations are voluntary and confidential; no one is denied service if a donation is not provided.	Each meal is served with: 1-slice of bread, fresh fruit, dessert, and your choice of skim or 2% milk. Menu is subject to change without notice	Each meal provides 1/3 Dietary Reference Intakes (DRIs) for older adults. The weekly average nutrient content of each meal is: Less than 10% Saturated Fat (<8g), 50-55% Carbohydrate, 15-20% Protein (>32g), 1000 mg or less Sodium. Salt and sugar are not added to any recipe.
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29 Beef & Broccoli Lo Mein Noodles Oriental Vegetables	30 Fluffy Pancakes with Blueberry Compote Turkey Sausage Roasted Potatoes	1 Chicken Cordon Bleu Mashed Potatoes Spinach	2 Mushroom Edamame Ragout Noodles Green Beans	3 Chicken Parmesan Whole Grain Pasta Broccoli	4 Beef Burger Seasoned Diced Potatoes Green Beans <i>Independence Day Closed</i>	5 Fettuccini Alfredo Peas & Carrots
6 Chicken Picatta Wild Rice Green Beans	7 Honey Mustard Pork Roasted Potatoes Brussel Sprouts	8 Lemon Pepper Fish Rice Pilaf Mixed Vegetables	9 Chicken Strips Basil Cream Sauce Whole Grain Pasta Broccoli	10 Sweet Sausage Red Skin Potatoes Peppers & Onions	11 BBQ Chicken Mashed Sweet Potatoes Cauliflower	12 Meatballs with Mushroom Sauce Noodles Broccoli
13 Manicotti with Cheese Spinach	14 Latin Beef Stew Yellow Rice Vegetable Blend	15 Chicken Florentine Mashed Potatoes Carrots	16 Organic Black Bean Veggie Burger Cauliflower	17 Sweet & Sour Meatballs Brown Rice Oriental Vegetables	18 Crusted Fish Sweet Potatoes Mixed Vegetables	19 Eggplant Parmesan Kale Carrots
20 Chicken Beast with Chicken Gravy Mashed Potatoes Spinach	21 French Toast with Strawberry Compote Turkey Sausage Roasted Potatoes	22 White Bean Cassoulet Barley Salad Zucchini	23 Philly Cheese Steak Broccoli	24 Fish Sticks Corn Green Beans	25 Vegetables Lasagna with Béchamel Sauce Zucchini & Stewed Tomatoes	26 BBQ Beef Ribeye Sweet Potatoes Mixed Vegetables
27 Lemon Pepper Fish Rice Pilaf Mixed Vegetable	28 Stuffed Shells with Tomato Sauce Italian Vegetables	29 Beef Stir Fry Brown Rice Oriental Vegetables	30 Seasoned Pork with Gravy Sweet Potatoes Broccoli	31 Balsamic Chicken Pasta Green Beans	1 Meatloaf with Gravy Mashed Potatoes Carrots	2 Chicken Marsala Rice Pilaf Brussel Sprouts

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 you are safe. Failure to abide by the program rules may result in termination from the program. Thank you for your cooperation.

Closed Thursday 7/4 in observance of Independence Day. No deliveries will be made on this day. Individuals who normally receive delivery on this day will receive a frozen meal prior to the holiday.
If you have any questions, please call Meals on Wheels at 201-336-7420 between 8:00 am- 4:00 pm, Monday-Friday.

