## **July 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.

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	7-Day Frozen Meal Pack					
Mushroom	Chicken Cordon	Fluffy Pancakes	Beef & Broccoli	Chicken Parmesan	Fettuccini Alfredo	Beef Burger
<b>Edamame Ragout</b>	Bleu	with Blueberry	Lo Mein Noodles	Whole Grain Pasta	Peas & Carrots	Diced Herb Potatoes
Noodles	Mashed Potatoes	Compote	Oriental Vegetables	Broccoli		Green Beans
Green Beans	Spinach	Turkey Sausage				Closed
		Roasted Potatoes				Independence Day
BBQ Chicken	Honey Mustard	Lemon Pepper Fish	Chicken Strips Basil	Sweet Sausage	Chicken Picatta	Meatballs with
Mashed Sweet	Pork	Rice Pilaf	Cream Sauce	Red Skin Potatoes	Wild Rice	Mushroom Sauce
Potatoes	Roasted Potatoes	Mixed Vegetables	Whole Grain Pasta	Peppers & Onions	Green Beans	Noodles
Cauliflower	Brussel Sprouts		Broccoli			Broccoli
Manicotti with	<b>Chicken Florentine</b>	Latin Beef Stew	Organic Black Bean	Sweet & Sour	Crusted Fish	Eggplant Parmesan
Cheese	Mashed Potatoes	Yellow Rice	Veggie Burger	Meatballs	Sweet Potatoes	Kale
Spinach	Carrots	Vegetable Blend	Cauliflower	Brown Rice	Mixed Vegetables	Carrot <b>s</b>
				Oriental Vegetables		
Philly Cheese	Vegetables Lasagna	Chicken Beast with	White Bean	BBQ Beef Ribeque	French Toast with	Fish Sticks
Steak	with Béchamel Sauce	Chicken Gravy	Cassoulet	Sweet Potatoes	Strawberry Compote	Corn
Broccoli	Zucchini & Stewed	Mashed Potatoes	Barley Salad	Mixed Vegetables	Turkey Sausage	Green Beans
	Tomatoes	Spinach	Zucchini		Roasted Potatoes	
Stuffed Shells	Lemon Pepper Fish	Seasoned Pork	Beef Stir Fry	Balsamic Chicken	Meatloaf with Gravy	Chicken Marsala
with Tomato	Rice Pilaf	with Gravy	Brown Rice	Pasta	Mashed Potatoes	Rice Pilaf
Sauce	Mixed Vegetables	Sweet Potatoes	Oriental Vegetables	Green Beans	Carrots	Brussel Sprouts
Italian Vegetables		Broccoli				
	Mushroom Edamame Ragout Noodles Green Beans  BBQ Chicken Mashed Sweet Potatoes Cauliflower Manicotti with Cheese Spinach  Philly Cheese Steak Broccoli  Stuffed Shells with Tomato Sauce	Mushroom Edamame Ragout Noodles Green Beans  BBQ Chicken Mashed Sweet Potatoes Cauliflower  Manicotti with Cheese Spinach  Philly Cheese Steak Broccoli  Stuffed Shells with Tomato Sauce  Chicken Cordon Bleu Mashed Potatoes Spinach  Mashed Potatoes Chicken Florentine Mashed Potatoes Carrots  Vegetables Lasagna with Béchamel Sauce Zucchini & Stewed Tomatoes  Lemon Pepper Fish Rice Pilaf Mixed Vegetables	Mushroom Edamame Ragout Noodles Green BeansChicken Cordon Bleu Mashed Potatoes SpinachFluffy Pancakes with Blueberry Compote Turkey Sausage Roasted PotatoesBBQ Chicken Mashed Sweet Potatoes CauliflowerHoney Mustard Pork Roasted Potatoes Brussel SproutsLemon Pepper Fish Mixed VegetablesManicotti with Cheese SpinachChicken Florentine Mashed PotatoesLatin Beef Stew Yellow Rice Vegetable BlendPhilly Cheese Steak BroccoliVegetables Lasagna with Béchamel Sauce Zucchini & Stewed TomatoesChicken Beast with Chicken Gravy Mashed Potatoes SpinachStuffed Shells with Tomato SauceLemon Pepper Fish Rice Pilaf Mixed VegetablesSeasoned Pork with Gravy Sweet Potatoes	Mushroom Edamame Ragout NoodlesChicken Cordon BleuFluffy Pancakes with Blueberry Compote Turkey Sausage Roasted PotatoesBeef & Broccoli Lo Mein NoodlesGreen BeansSpinachCompote Turkey Sausage Roasted PotatoesOriental VegetablesBBQ Chicken Mashed Sweet PorkHoney Mustard Pork Roasted PotatoesLemon Pepper Fish Rice Pilaf Mixed VegetablesChicken Strips Basil Cream SaucePotatoes CauliflowerRoasted Potatoes Brussel SproutsMixed VegetablesWhole Grain Pasta BroccoliManicotti with Cheese SpinachChicken Florentine Mashed Potatoes CarrotsLatin Beef Stew Yellow Rice Vegetable BlendOrganic Black Bean Veggie BurgerPhilly Cheese Steak BroccoliVegetables Lasagna with Béchamel Sauce Zucchini & Stewed TomatoesChicken Beast with Chicken Gravy Mashed PotatoesWhite Bean Cassoulet Barley Salad ZucchiniStuffed Shells with Tomato SauceLemon Pepper Fish Rice Pilaf Mixed VegetablesSeasoned Pork with Gravy Sweet PotatoesBeef Stir Fry Brown Rice	Mushroom Edamame Ragout Noodles Green BeansChicken Cordon Bleu Mashed Potatoes SpinachFluffy Pancakes with Blueberry Compote Turkey Sausage Roasted PotatoesBeef & Broccoli Lo Mein Noodles Oriental VegetablesChicken Parmesan Whole Grain Pasta BroccoliBBQ Chicken Mashed Sweet Potatoes CauliflowerHoney Mustard Pork Roasted Potatoes Roasted Potatoes Brussel SproutsLemon Pepper Fish Rice Pilaf Mixed VegetablesChicken Strips Basil Cream Sauce Whole Grain Pasta BroccoliSweet Sausage Red Skin Potatoes Whole Grain Pasta BroccoliManicotti with Cheese SpinachChicken Florentine Vegetables BlendLatin Beef Stew Vegetable BlendOrganic Black Bean Veggie BurgerSweet & Sour MeatballsPhilly Cheese Steak BroccoliVegetables Lasagna with Béchamel Sauce Zucchini & Stewed TomatoesChicken Beast with Chicken Gravy Mashed Potatoes SpinachWhite Bean Cassoulet Barley Salad ZucchiniBBQ Beef Ribeque Sweet Potatoes Mixed VegetablesStuffed Shells with Tomato SauceLemon Pepper Fish Rice Pilaf Mixed VegetablesSeasoned Pork with Gravy Sweet PotatoesBeef Stir Fry Brown Rice Oriental VegetablesBalsamic Chicken Pasta Green Beans	Bleu   Mashed Potatoes   Spinach   Mashed Potatoes   Spinach   Turkey Sausage   Roasted Potatoes   Mixed Vegetables   Broccoli   BBQ Chicken   Mashed Sweet   Potatoes   Roasted Potatoes   Brussel Sprouts   Broccoli   B

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 an automated 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 Thursday, 7/4 in observance of Independence Day. No deliveries will be made on 7/4.

Individuals who normally receive delivery on Thursday can receive 2-wk supply on Thursday 6/27. If you have a question, please call Meals on Wheels at 201-336-7420 between 8:00 am -4:00 pm Monday-Friday.