

# 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.

Delivery Date	-----7-Day Frozen Meal Pack -----						
6/28-7/4	<b>Mushroom Edamame Ragout</b> Noodles Green Beans	<b>Chicken Cordon Bleu</b> Mashed Potatoes Spinach	<b>Fluffy Pancakes with Blueberry Compote</b> Turkey Sausage Roasted Potatoes	<b>Beef &amp; Broccoli</b> Lo Mein Noodles Oriental Vegetables	<b>Chicken Parmesan</b> Whole Grain Pasta Broccoli	<b>Fettuccini Alfredo</b> Peas & Carrots	<b>Beef Burger</b> Diced Herb Potatoes Green Beans  <b>Closed Independence Day</b>
7/5-7/11	<b>BBQ Chicken</b> Mashed Sweet Potatoes Cauliflower	<b>Honey Mustard Pork</b> Roasted Potatoes Brussel Sprouts	<b>Lemon Pepper Fish</b> Rice Pilaf Mixed Vegetables	<b>Chicken Strips Basil Cream Sauce</b> Whole Grain Pasta Broccoli	<b>Sweet Sausage</b> Red Skin Potatoes Peppers & Onions	<b>Chicken Picatta</b> Wild Rice Green Beans	<b>Meatballs with Mushroom Sauce</b> Noodles Broccoli
7/12-7/18	<b>Manicotti with Cheese</b> Spinach	<b>Chicken Florentine</b> Mashed Potatoes Carrots	<b>Latin Beef Stew</b> Yellow Rice Vegetable Blend	<b>Organic Black Bean Veggie Burger</b> Cauliflower	<b>Sweet &amp; Sour Meatballs</b> Brown Rice Oriental Vegetables	<b>Crusted Fish</b> Sweet Potatoes Mixed Vegetables	<b>Eggplant Parmesan</b> Kale Carrots
7/19-7/25	<b>Philly Cheese Steak</b> Broccoli	<b>Vegetables Lasagna with Béchamel Sauce</b> Zucchini & Stewed Tomatoes	<b>Chicken Beast with Chicken Gravy</b> Mashed Potatoes Spinach	<b>White Bean Cassoulet</b> Barley Salad Zucchini	<b>BBQ Beef Ribeye</b> Sweet Potatoes Mixed Vegetables	<b>French Toast with Strawberry Compote</b> Turkey Sausage Roasted Potatoes	<b>Fish Sticks</b> Corn Green Beans
7/26-8/1	<b>Stuffed Shells with Tomato Sauce</b> Italian Vegetables	<b>Lemon Pepper Fish</b> Rice Pilaf Mixed Vegetables	<b>Seasoned Pork with Gravy</b> Sweet Potatoes Broccoli	<b>Beef Stir Fry</b> Brown Rice Oriental Vegetables	<b>Balsamic Chicken</b> Pasta Green Beans	<b>Meatloaf with Gravy</b> Mashed Potatoes Carrots	<b>Chicken Marsala</b> 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 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.

