

# June 2020

# Bergen County Meals on Wheels Menu

# Frozen Meal Plan

**Suggested Donation**  
**\$1.25 per meal**

Donations are voluntary and confidential; no one is 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-----						
5/29-6/4	<b>Crusted Fish</b> Sweet Potatoes Mixed Vegetables	<b>Sweet &amp; Sour Meatballs</b> Brown Rice Oriental Noodles	<b>Latin Beef Stew</b> Yellow Rice Blended Vegetables	<b>French Toast Turkey Sausage</b> Roasted Potatoes Strawberries	<b>Chicken Florentine</b> Mashed Potatoes Carrots	<b>Manicotti with Tomato Sauce</b> Pasta Spinach	<b>Organic Veggie Burger</b> Cauliflower
6/5-6/11	<b>Chicken Breast with Gravy</b> Mashed Potatoes Spinach	<b>Vegetable Lasagna</b> Zucchini and Stewed Tomatoes	<b>Philly Steak in Cheese Sauce</b> Broccoli	<b>White Bean Cassoulet</b> Barley Salad Zucchini	<b>BBQ Beef Rique</b> Sweet Potatoes Mixed Vegetables	<b>Balsamic Chicken</b> Roasted Potatoes Green Beans	<b>Turkey Teriyaki</b> Brown Rice Oriental Blend Vegetables
6/12-6/18	<b>Fish Sticks</b> Corn Green Beans	<b>Lemon Chicken</b> Pasta Broccoli	<b>Beef Stir Fry</b> Brown Rice Oriental Blend Vegetables	<b>Stuffed Shells Marinara</b> Italian Blend Vegetables	<b>Chicken Marsala</b> Rice Pilaf Brussel Sprouts	<b>Meatloaf with Gravy</b> Mashed Potatoes Carrots	<b>Cheese Omelet</b> Onions & Peppers Roasted Potatoes Pears
6/19-6/25	<b>Lemon Capers Fish</b> Mashed Potatoes Spinach	<b>Chicken Milanese</b> Pasta Mixed Vegetables	<b>Salisbury Steak</b> Mashed Sweet Potatoes Broccoli <i>Father's Day</i>	<b>Baked Ziti with Tomato Sauce</b> Pasta Cauliflower	<b>Chicken &amp; Vegetable Dumplings</b> Brown Rice Broccoli w/Red Peppers	<b>Beef Goulash</b> Noodles Carrots	<b>Seasoned Shredded Chicken</b> Mac and Cheese Brussel Sprouts
6/26-7/2	<b>Beef and Broccoli</b> Lo Mein Noodles Oriental Vegetables	<b>Pancakes with Turkey Sausage</b> Roasted Potatoes Blueberry Compote	<b>Chicken Cordon Bleu</b> Mashed Potatoes Spinach	<b>Mushroom Edamame</b> Noodles Green Beans	<b>Chicken Parmesan</b> WG Pasta Broccoli	<b>Sweet Sausage</b> Red Skin Potatoes Peppers & Onions	<b>Fettuccini Alfredo</b> Peas and Carrots

*The Meals on Wheels Program provides home delivered meals and personal contact to confirm your safety. **The driver cannot leave meals without speaking with you.** To protect your health and safety, and that of our driver, drivers cannot enter your home or apartment building at this time. Meals will be left outside after telephone contact is made. **Please call the office at 201-336-7420 if you will not be home to accept your meals, or if you did not hear the driver and found an 'Attempted to Deliver' tag. If we do not hear from you, we will stop your meal delivery and may call the police to check that you are safe.***

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 you specify. For information on this free service, please call 201-336-7400.

**Closed Friday, 7/3 in celebration of Independence Day. No meals will be delivered on this date. Individuals who normally receive delivery on Friday, can receive 2-weeks supply on 6/26. Call Meals on Wheels at 201-336-7420 for information.**

*During the COVID-19 crisis, meals received each week may not match the menu; however, the menu indicates the types of meals that may be expected. Thank you for your patience as we get through this together. Be safe.*