

July 2021

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	----- 2-Pk Weekend Meals -----			-----5-pk Frozen Meal Pack -----			
7/2-7/8	Chicken Picatta Wild Rice Green Beans	Beef Burger Seasoned Diced Potatoes Green Beans	Chicken Strips in Basil Cream Sauce Whole Grain Pasta Broccoli	BBQ Chicken Sweet Mashed Potatoes Cauliflower Closed Independence Day Celebration	Lemon Pepper Fish Rice Pilaf Mixed Vegetables	Honey Mustard Pork Roasted Potatoes Brussel Sprouts	Falafel with Lemon Sauce Quinoa Pilaf Spinach & Tomatoes
7/9-7/15	Crusted Fish Sweet Potatoes Mixed Vegetables	Sweet & Sour Meatballs Brown Rice Oriental Vegetables	Turkey Chili Roasted Sweet Potatoes Brussel Sprouts	Organic Veggie Burger Black Bean & Tomato Cauliflower	Chicken Florentine Mashed Potatoes Carrots	French Toast Turkey Sausage Roasted Potatoes Strawberry Compote	Cheesy Cream of Chicken Rice Asparagus
7/16-7/22	Chicken Breast with Chicken Gravy Mashed Potatoes Spinach	Vegetable Lasagna with Béchamel Sauce Zucchini & Stewed Tomatoes	Philly Cheese Steak Broccoli	White Bean Cassoulet Barley Salad Zucchini	BBQ Beef Ribeye Sweet Potatoes Mixed Vegetables	Balsamic Chicken Roasted Potatoes Green Beans	Turkey Teriyaki Brown Rice Oriental Vegetables
7/23-7/29	Fish Sticks Corn Green Beans	Lemon Chicken Pasta Broccoli	Beef Stir Fry Brown Rice Oriental Vegetables	Stuffed Shells Italian Vegetables	Chicken Marsala Rice Pilaf Brussel Sprouts	Meatballs with Mushroom Gravy Mashed Potatoes Carrots	Cheese Omelet Onions & Peppers Roasted Potatoes Pears
7/30-8/5	Lemon Caper Fish Mashed Potatoes Spinach	Chicken Milanese Pasta Mixed Vegetables	Salisbury Steak Mashed Sweet Potatoes Broccoli	Baked Ziti Cauliflower	Chicken & Vegetable Dumplings Brown Rice Broccoli & Red Peppers	Beef Goulash Noodles Carrots	Seasoned Shredded Chicken Macaroni & Cheese Brussel Sprouts

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 201-336-7420.

Closed Monday, 7/5 in celebration of Independence Day. No meals will be delivered on this date. Individuals who normally receive delivery on Monday, can receive 2-weeks supply on 6/28. Call Meals on Wheels at 201-336-7420 for information.

Effective 7/13 each meal pack will include 5-complete meals. Isolated individuals at high nutritional risk may apply for an additional 2-pack for the weekend by calling 201-336-7420. Weekend meals are available pending eligibility and availability.

