

June 2024

Bergen County Meals on Wheels Program

Hot Meal Plan

Suggested Donation \$1.25 per Meal





Donations are voluntary and confidential; no one is denied service if donation is not provided.

Each meal is served with one slice of bread, fresh fruit, dessert, and 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.

Weekend – two meals delivered Frozen on Friday

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Saturday	Sunday					
1 Chicken Breast with Chicken Gravy Mashed Potatoes Spinach	2 Vegetable Lasagna with Bechamel Sauce Zucchini and Stewed Tomatoes	3 Fish Sticks with Creole Sauce Black Beans Broccoli	4 Turkey Teriyaki Brown Rice Oriental Blend Vegetables	5 Balsamic Chicken Roasted Potatoes Green Beans	6 Penne with Meat Sauce and Cheese Italian Blend Vegetables	7 Cheese Omelet Onions and Peppers Roasted Potatoes Pears
8 Lemon Chicken Pasta Broccoli	9 Fish Sticks Corn Green Beans	10 Beef Stir Fry Brown Rice Oriental Blend Vegetables	11 Meatloaf with Mushroom Gravy Mashed Potatoes Carrots	12 Stuffed Shells with Tomato Sauce and Cheese Italian Blend Vegetables	13 Chicken Marsala Rice Pilaf Brussel Sprouts	14 White Bean Cassoulet Barley Salad Zucchini
15 Beef Goulash Noodles Carrots	16 Seasoned Shredded Chicken Macaroni and Cheese Brussel Sprouts	17 Baked Ziti with Tomato Sauce and Cheese Cauliflower	18 Lemon Caper Fish Mashed Potatoes Spinach	19 Chicken and Vegetable Dumpling with Asian Sauce Brown Rice Broccoli and Red Peppers	20 Salisbury Steak Mashed Sweet Potatoes Broccoli	21 Chicken Milanese Pasta Mixed Vegetables
22 Beef and Broccoli Lo Mein Noodles Oriental Vegetables	23 Fluffy Pancakes with Turkey Sausage Roasted Potatoes Blueberry Compote	24 Fajita Chicken Spanish Rice Peppers and Peas	25 Mushroom Edamame Ragout Noodles Green Beans	26 Chicken Parmesan Whole Grain Pasta Broccoli	27 Sweet Sausage Red Skin Potatoes Peppers and Onions	28 Caribbean Pineapple Chicken Rice Blended Vegetables
29 Chicken Piccata Wild Rice Green Beans	30 Turkey Salsa Verde Barley Carrots	   				

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 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.

Residents who are homebound and live alone are encouraged to participate in the Bergen County Wellness Check Program. A call will be made on the days and time that the individual specifies to check that they are safe. For information on this free service, please call 201-336-7400.