

July 2024

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 meal is served with one 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 ($\leq 8g$), 15-20% Protein ($> 32g$), 50-55% Carbohydrate, 1000 mg or less Sodium. Salt and sugar are not added to any recipe.

Delivery Date	Weekend 2-pack		Weekday 5-pack				
6/28-7/4			Honey Crusted Pork Roasted Potatoes Brussel Sprouts	Chicken Strips in Basil Cream Sauce Whole Grain Pasta Broccoli	Lemon Pepper Fish Rice Pilaf Mixed Vegetables	Beef Hamburger Seasoned Diced Potatoes Green Beans	Falafel with Lemon Sauce Quinoa Pilaf Spinach and Tomatoes
7/5-7/11	Crusted Fish Sweet Potatoes Mixed Vegetables	Sweet and Sour Meatballs Brown Rice Oriental Vegetables	Turkey Chili Roasted Sweet Potatoes Brussel Sprouts	Organic Veggie Burger with Black Beans and Tomato Cauliflower	Chicken Florentine Mashed Potatoes Carrots	Cheesy Cream of Chicken Rice Asparagus	White Bean Cassoulet Barley Salad Zucchini
7/12-7/18	Chicken Breast with Chicken Gravy Mashed Potatoes Spinach	Vegetable Lasagna with Bechamel Sauce Zucchini and Stewed Tomatoes	Balsamic Chicken Roasted Potatoes Green Beans	Turkey Teriyaki Brown Rice Oriental Blend Vegetables	Chicken Sofrito Pasta Spinach	Penne with Meat Sauce and Cheese Italian Blend Vegetables	French Toast with Turkey Sausage Roasted Potatoes Strawberries
7/19-7/25	Fish Sticks Corn Green Beans	Lemon Chicken Pasta Broccoli	Beef Stir Fry Brown Rice Oriental Blend Vegetables	Cheese Omelet Onions and Peppers Roasted Potatoes Pears	Chicken Marsala Rice Pilaf Brussel Sprouts	Meatloaf with Mushroom Gravy Mashed Potatoes Carrots	Stuffed Shells with Tomato Sauce and Cheese Italian Blend Vegetables
7/26-8/1	Salisbury Steak Mashed Sweet Potatoes Broccoli	Chicken Milanese Pasta Mixed Vegetables	Lemon Caper Fish Mashed Potatoes Spinach	Baked Ziti with Tomato Sauce and Cheese Cauliflower	Chicken Vegetable Dumpling and Asian Sauce Brown Rice Borccoli with Red Peppers	8/1 Beef Goulash Noodles Carrots	8/2 Seasoned Shredded Chicken Macaroni and Cheese 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 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.