

# July 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**

**Saturday**

**Sunday**

**Monday**

**Tuesday**

**Wednesday**

**Thursday**

**Friday**



**1 Honey Mustard Pork**  
 Roasted Potatoes  
 Brussel Sprouts

**2 Chicken Strips in a Basil Cream Sauce**  
 Whole Grain Pasta  
 Broccoli

**3 Lemon Pepper Fish**  
 Rice Pilaf  
 Mixed Vegetables

**4 Beef Hamburger Seasoned Potatoes Green Beans**  
  
**HAPPY JULY 4TH!**

**5 Falafel with Lemon Sauce**  
 Quinoa Pilaf  
 Spinach and Tomatoes

**6 Crusted Fish**  
 Sweet Potatoes  
 Mixed Vegetables

**7 Sweet and Sour Meatballs**  
 Brown Rice  
 Oriental Vegetables

**8 Turkey Chili**  
 Roasted Sweet Potatoes  
 Brussel Sprouts

**9 Organic Veggie Burger with Black Beans and Tomato**  
 Cauliflower

**10 Chicken Florentine**  
 Mashed Potatoes  
 Carrots

**11 Cheesy Cream of Chicken**  
 Rice  
 Asparagus

**12 White Bean Cassoulet**  
 Barley Salad  
 Zucchini

**13 Chicken Breast with Chicken Gravy**  
 Mashed Potatoes  
 Spinach

**14 Vegetable Lasagna with Bechamel Sauce**  
 Zucchini and Stewed Tomatoes

**15 Balsamic Chicken**  
 Roasted Potatoes  
 Green Beans

**16 Turkey Teriyaki**  
 Brown Rice  
 Oriental Blend Vegetables  


**17 Chicken Sofrito**  
 Pasta  
 Spinach

**18 Penne with Meat Sauce and Cheese**  
 Italian Blend Vegetables

**19 French Toast with Turkey Sausage**  
 Roasted Potatoes  
 Strawberries

**20 Fish Sticks**  
 Corn  
 Green Beans

**21 Lemon Chicken**  
 Pasta  
 Broccoli  
  
*National Ice-Cream Day*

**22 Beef Stir Fry**  
 Brown Rice  
 Oriental Blend Vegetables

**23 Cheese Omelet Onions and Peppers**  
 Roasted Potatoes  
 Pears

**24 Chicken Marsala**  
 Rice Pilaf  
 Brussel Sprouts

**25 Meatloaf with Mushroom Gravy**  
 Mashed Potatoes  
 Carrots

**26 Stuffed Shells with Tomato Sauce and Cheese**  
 Italian Blend Vegetables

**27 Salisbury Steak**  
 Mashed Sweet Potatoes  
 Broccoli

**28 Chicken Milanese**  
 Pasta  
 Mixed Vegetables

**29 Lemon Caper Fish**  
 Mashed Potatoes  
 Spinach

**30 Baked Ziti with Tomato Sauce and Cheese**  
 Cauliflower

**31 Chicken and Vegetable Dumpling with Asian Sauce**  
 Brown Rice  
 Broccoli with Red Peppers  




*National Blueberry Month*  
 July 16 - National Fresh Spinach Day  
 July 21 - National Ice Cream Day  
 July 31 - National Avocado Day

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.