

# June 2019

# Bergen County Meals on Wheels Menu

# Frozen Meal Plan

**Suggested Donation  
\$1.25 per meal**

Donations are voluntary and confidential; no one will be 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-----

5/31-6/6	<b>Manicotti with Tomato Sauce</b> Pasta Spinach	<b>Chicken Florentine</b> Mashed Potatoes Carrots	<b>Latin Beef Stew</b> Yellow Rice Blended Vegetables	<b>Organic Black Bean Veggie Burger</b> Cauliflower	<b>Sweet &amp; Sour Meatballs</b> Brown Rice Oriental Vegetables	<b>Crusted Fish</b> Sweet Potatoes Mixed Vegetables	<b>French Toast with Strawberry Compote</b> Turkey Sausage Roasted Potatoes
6/7-6/13	<b>Chicken Breast with Chicken Gravy</b> Mashed Potatoes Spinach	<b>Vegetable Lasagna with Béchamel Sauce</b> Zucchini & Stewed Tomatoes	<b>Philly Cheese Steak</b> Broccoli	<b>White Bean Cassoulet</b> Barley Salad Zucchini	<b>BBQ Ribeye</b> Sweet Potatoes Mixed Vegetables	<b>Chicken a la King</b> Rice Pilaf Spinach	<b>Fish Sticks</b> Corn Green Beans
6/14-6/20	<b>Chicken Marsala</b> Rice Pilaf Brussel Sprouts	<b>Stuffed Shells</b> Italian Vegetables	<b>Meatloaf with Mushroom Gravy</b> Mashed Potatoes Carrots <i>Father's Day</i>	<b>Seasoned Pork with Gravy</b> Sweet Potatoes Broccoli	<b>Balsamic Chicken</b> Pasta Green Beans	<b>Beef Stir Fry</b> Brown Rice Oriental Vegetables	<b>Cheese Omelet Onions &amp; Peppers</b> Roasted Potatoes Pears
6/21-6/27	<b>Salisbury Steak</b> Mashed Sweet Potatoes Broccoli Mixed Vegetables	<b>Chicken Milanese</b> Pasta Mixed Vegetables	<b>Lemon Pepper Fish</b> Mashed Potatoes Spinach	<b>Beef Goulash</b> Noodles Carrots	<b>Chicken &amp; Vegetable Dumplings</b> Brown Rice Broccoli & Red Peppers	<b>Baked Ziti with Cheese</b> Cauliflower	<b>Seasoned Shredded Chicken</b> Macaroni & Cheese Brussel Sprouts
6/28-7/4	<b>Mushroom Edamame Ragout</b> Noodles Green Beans	<b>Chicken Cordon Bleu</b> Mashed Potatoes Spinach	<b>Fluffy Pancakes with Blueberry Compote</b> Turkey Sausage Roasted Potatoes	<b>Beef &amp; Broccoli</b> Lo Mein Noodles Oriental Vegetables	<b>Chicken Parmesan</b> Whole Grain Pasta Broccoli	<b>Fettuccini Alfredo</b> Peas & Carrots	<b>Beef Burger</b> Seasoned Diced Potatoes Green Beans <i>Independence Day Closed</i>

*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 if you did not hear the driver and 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 that you are safe. Failure to abide by the program rules may result in termination from the Meals on Wheels Program. Thank you for your cooperation.*

**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 Thursday, July 4<sup>th</sup>. No deliveries will be made on this date.** Individuals who normally receive delivery on Thursday can receive 2-wk supply on Thursday, June 6/27. If you have a question, please call Meals on Wheels at 201-336-7420 between 8:00 am -4:00 pm Monday-Friday.

