

**June 2019****Bergen County Meals on Wheels Program****Hot Meal Plan**

Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
Weekend Program – High Risk clients only Both meals delivered Frozen on Friday						

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

<b>Suggested Donation</b> <b>\$1.25 per Meal</b> Donations are voluntary & confidential; no one will be denied service if a donation is not provided		<b>Each meal is served with:</b> <b>1-slice of bread, fresh fruit, dessert, and your choice of skim or 2% milk.</b>		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.		Menu is subject to change without notice
<b>1 Crusted Fish</b> Sweet Potatoes Mixed Vegetables	<b>2 Sweet &amp; Sour Meatballs</b> Brown Rice Oriental Vegetables	<b>3 Latin Beef Stew</b> Yellow Rice Blended Vegetables	<b>4 Organic Black Bean Veggie Burger</b> Cauliflower	<b>5 Chicken Florentine</b> Mashed Potatoes Carrots	<b>6 Manicotti with Tomato Sauce</b> Pasta Spinach	<b>7 French Toast with Strawberry Compote</b> Turkey Sausage Roasted Potatoes
<b>8 Chicken Breast with Chicken Gravy</b> Mashed Potatoes Spinach	<b>9 Vegetable Lasagna with Béchamel Sauce</b> Zucchini & Stewed Tomatoes	<b>10 Philly Cheese Steak</b> Broccoli	<b>11 White Bean Cassoulet</b> Barley Salad Zucchini	<b>12 BBQ Ribeye</b> Sweet Potatoes Mixed Vegetables	<b>13 Chicken a la King</b> Rice Pilaf Spinach	<b>14 Fish Sticks</b> Corn Green Beans
<b>15 Seasoned Pork with Gravy</b> Sweet Potatoes Broccoli	<b>16 Balsamic Chicken</b> Pasta Green Beans <i>Father's Day</i>	<b>17 Beef Stir Fry</b> Brown Rice Oriental Vegetables	<b>18 Stuffed Shells</b> Italian Vegetables	<b>19 Chicken Marsala</b> Rice Pilaf Brussel Sprouts	<b>20 Meatloaf with Mushroom Gravy</b> Mashed Potatoes Carrots	<b>21 Cheese Omelet</b> Onions & Peppers Roasted Potatoes Pears
<b>22 Lemon Pepper Fish</b> Mashed Potatoes Spinach	<b>23 Chicken Milanese</b> Pasta Mixed Vegetables	<b>24 Salisbury Steak</b> Mashed Sweet Potatoes Broccoli	<b>25 Baked Ziti with Cheese</b> Cauliflower	<b>26 Chicken &amp; Vegetable Dumplings</b> Brown Rice Broccoli with Red Peppers	<b>27 Beef Goulash</b> Noodles Carrots	<b>28 Seasoned Shredded Chicken</b> Macaroni & Cheese Brussel Sprouts
<b>29 Beef &amp; Broccoli</b> Lo Mein Noodles Oriental Vegetables	<b>30 Fluffy Pancakes with Blueberry Compote</b> Turkey Sausage Roasted Potatoes	<b>1 Chicken Cordon Bleu</b> Mashed Potatoes Spinach	<b>2 Mushroom Edamame Ragout</b> Noodles Green Beans	<b>3 Chicken Parmesan</b> Whole Grain Pasta Broccoli	<b>4 Beef Burger</b> Seasoned Diced Potatoes Green Beans <i>Independence Day Closed</i>	<b>5 Fettuccini Alfredo</b> Peas & 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 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 you are safe. Failure to abide by the program rules may result in termination from the program. Thank you for your cooperation.

**Closed Thursday, July 4<sup>th</sup>. No deliveries will be made on this day. Individuals who normally receive delivery on this day will receive a frozen meal prior to the holiday. If you have any questions, please call Meals on Wheels at 201-336-7420 between 8:00 am- 4:00 pm, Monday-Friday.**

