

August 2019

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 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 -----						
8/2-8/8	Salisbury Steak Whipped Sweet Potatoes Broccoli	Seasoned Shredded Chicken Macaroni & Cheese Brussel Sprouts	Lemon Caper Fish Mashed Potatoes Spinach	Beef Goulash Noodles Carrots	Chicken & Vegetable Dumplings Brown Rice Broccoli with Red Peppers	Baked Ziti with Cheese Cauliflower	Chicken Milanese Pasta Mixed Vegetables
8/9-8/15	Mushroom Edamame Ragout Noodles Green Beans	Chicken Cordon Bleu Mashed Potatoes Spinach	Cheese Omelet Onions & Peppers Roasted Potatoes Pears	Chicken Picatta Wild Rice Green Beans	Eggplant Parmesan Kale Carrots	Shredded Chicken Thigh Macaroni & Cheese Brussel Sprouts	Beef & Broccoli Lo Mein Noodles Oriental Vegetables
8/16-8/22	Chicken Parmesan Whole Grain Pasta Broccoli	Honey Mustard Pork Roasted Potatoes Brussel Sprouts	Chicken Strips in Basil Cream Sauce Whole Grain Pasta Broccoli	Lemon Pepper Fish Rice Pilaf Mixed Vegetables	BBQ Chicken Breast Mashed Sweet Potatoes Cauliflower	Sweet Sausage Red Skin Potatoes Peppers & Onions	Meatballs with Mushroom Gravy Noodles Broccoli
8/23-8/29	Potato Crusted Fish Mashed Sweet Potatoes Mixed Vegetables	Chicken Milanese Penne Italian Vegetables	Spring Vegetable & Edamame Bowl Organic Quinoa Pilaf Blended Vegetables	Cheese Omelet with Peppers & Onions Red Roasted Diced Pears	Turkey Tetrazzini Noodles Broccoli	Meatloaf with Gravy Mashed Potatoes Carrots	Chicken Francese Brown Rice Green Beans
8/30-9/5	Meatballs & Spaghetti Italian Vegetables	Latin Bean & Barley Bowl Blended Vegetables	Island Pollack Organic Quinoa Pilaf Okra & Stewed Tomatoes	Beef Hamburger Diced Potatoes Green Beans Closed Labor Day	Chicken with Country Cream Gravy Mashed Potatoes Collard Greens	Turkey Bean Chili Brown Rice Carrots	Braised Pork with Mango Salsa Whipped Yams Spinach

*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 Monday, 9/2 in observance of Labor Day. No deliveries will be made on this date. Individuals who normally receive delivery on Monday can receive 2-wk supply on Monday, 8/26. If you have a question, please call Meals on Wheels at 201-336-7420 between 8:00 am -4:00 pm Monday-Friday.

