

July 2020

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 -----						
6/26-7/2	Beef and Broccoli Lo Mein Noodles Oriental Vegetables	Pancakes with Turkey Sausage Roasted Potatoes Blueberry Compote	Chicken Cordon Bleu Mashed Potatoes Spinach	Mushroom Edamame Noodles Green Beans	Chicken Parmesan Whole Grain Pasta Broccoli	Sweet Sausage Red Skin Potatoes Peppers & Onions	Fettuccini Alfredo Peas and Carrots
7/3-7/9	Beef Hamburger Diced Potatoes Green Beans Closed	BBQ Chicken Mashed Sweet Potatoes Cauliflower Independence Day	Lemon Pepper Fish Rice Pilaf Mixed Vegetables	Chicken Strips in Basil Cream Sauce Whole Grain Pasta Broccoli	Honey Mustard Pork Roasted Potatoes Brussel Sprouts	Chicken Piccata Wild Rice Green Beans	Meatballs in Mushroom Gravy Noodles Broccoli
7/10-7/16	Manicotti with Marinara Spinach	Latin Beef Stew Yellow Rice Mixed Vegetables	Chicken Florentine Mashed Potatoes Carrots	Organic Veggie Burger Black Bean & Tomato Cauliflower	Sweet & Sour Meatballs Brown Rice Oriental Vegetables	Crusted Fish Sweet Potatoes Mixed Vegetables	Eggplant Parmesan Kale Carrots
7/17-7/23	Chicken Breast with Gravy Mashed Potatoes Spinach	French Toast Strawberries Turkey Sausage Roasted Potatoes	Philly Cheese Steak Broccoli	Turkey Teriyaki Brown Rice Oriental Vegetables	White Bean Cassoulet Barley Salad Zucchini	Cheese Lasagna Italian Vegetables	BBQ Beef Ribeye Sweet Potatoes Mixed Vegetables
7/24-7/30	Lemon Pepper Fish Rice Pilaf Mixed Vegetables	Stuffed Shells Marinara Italian Vegetables	Beef Stir Fry Brown Rice Oriental Vegetables	Protein Pasta Ala Vodka Zucchini & Stewed Tomatoes	Lemon Chicken Pasta Broccoli	Meatloaf with Mushroom Gravy Mashed Potatoes Carrots	Chicken Marsala Rice Pilaf Brussels Sprouts

*The Meals on Wheels Program provides home delivered meals and personal contact to confirm your safety. **The driver cannot leave meals without speaking with you.** To protect your health and safety, and that of our driver, drivers cannot enter your home or apartment building at this time. Meals will be left outside after telephone contact is made. **Please call the office at 201-336-7420 if you will not be home to accept your meals,** or if you did not hear the driver and found an 'Attempted to Deliver' tag. If we do not hear from you, we will stop your meal delivery and may call the police to check that you are safe.*

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 Friday, 7/3 in celebration of Independence Day. No meals will be delivered on this date. Individuals who normally receive delivery on Friday, can receive 2-weeks supply on 6/26. Call Meals on Wheels at 201-336-7420 for information.

During the COVID-19 crisis, meals received each week may not match the menu; however, the menu indicates the types of meals that may be expected.

Thank you for your patience as we get through this together. Be safe.