

July 2022

Bergen County Meals on Wheels Menu

Frozen Meal Plan

<p>Suggested Donation \$1.25 per meal</p> <p>Donations are voluntary and confidential; no one is denied service if a donation is not provided.</p>	<p>Each entrée is served with 1-slice of bread, fresh fruit, dessert, and 2% milk.</p> <p>Menu subject to change without notice</p>	<p>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.</p>
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Delivery Date	Weekend 2-pk		Weekday 5-pk				
7/2-7/8	<p>Chicken Piccata Wild Rice Green Beans</p>	<p>Honey Mustard Pork Roasted Potatoes Brussel Sprouts</p>	<p>Beef Hamburger Seasoned Diced Potatoes Green Beans</p> 	<p>Chicken Strips in a Basil Cream Sauce Whole Grain Pasta Broccoli</p>	<p>Lemon Pepper Fish Rice Pilaf Mixed Vegetables</p>	<p>Turkey Salsa Verde Steamed Barley Steamed Carrots</p>	<p>Falafel With Lemon Sauce Quinoa Pilaf Spinach & Tomatoes</p>
7/9-7/15	<p>Crusted Fish Sweet Potatoes Mixed Vegetables</p>	<p>Sweet & Sour Meatballs Brown Rice Oriental Vegetables</p>	<p>Turkey Chili Roasted Sweet Potatoes Brussel Sprouts</p>	<p>Organic Veggie Burger with Black Beans & Tomato Cauliflower</p>	<p>Chicken Florentine Mashed Potatoes Steamed Carrots</p>	<p>French Toast With Turkey Sausage Roasted Potatoes Strawberries</p>	<p>Cheesy Cream of Chicken Steamed Rice Asparagus</p>
7/16-7/22	<p>Chicken Breast W/ Chicken Gravy Mashed Potatoes Steamed Spinach</p>	<p>Vegetable Lasagna With Béchamel Sauce Zucchini And Stewed Tomatoes</p>	<p>Balsamic Chicken Roasted Potatoes Green Beans</p>	<p>White Bean Cassoulet Barley Salad Zucchini</p>	<p>Chicken Sofrito Pasta Steamed Spinach</p>	<p>BBQ Beef Ribeye Sweet Potatoes Mixed Vegetables</p>	<p>Turkey Teriyaki Brown Rice Oriental Blend Vegetables</p>
7/23-7/29	<p>Fish Sticks Corn Green Beans</p>	<p>Lemon Chicken Pasta Broccoli</p>	<p>Beef Stir Fry Brown Rice Oriental Blend Vegetables</p>	<p>Cheese Omelet Onions & Peppers Roasted Potatoes Pears</p>	<p>Chicken Marsala Rice Pilaf Brussel Sprouts</p>	<p>Meatloaf With Mushroom Gravy Mashed Potatoes Steamed Carrots</p>	<p>Stuffed Shells w/ Tomato Sauce & Cheese Italian Blend Vegetables</p>
7/30-8/5	<p>Lemon Caper Fish Mashed Potatoes Steamed Spinach</p>	<p>Chicken Milanese Pasta Mixed vegetables</p>	<p>Salisbury Steak Mashed Sweet Potatoes Broccoli</p>	<p>Baked Ziti With Tomato Sauce And Cheese Cauliflower</p>	<p>Chicken Vegetables Dumpling w/ Asian Sauce Brown Rice Broccoli/Red Peppers</p>	<p>Beef Goulash Noodles Steamed Carrots</p>	<p>Seasoned Shredded Chicken Macaroni & Cheese Brussel Sprouts</p>

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, 7/4 in celebration of Independence Day. No meals will be delivered on this date. Individuals who normally receive delivery on Monday, can receive 2-weeks supply on 6/27. Call Meals on Wheels at 201-336-7420 for information.

During Covid-19, 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. Be Safe!