

# October 2018

# Bergen County Meals on Wheels Menu

# Frozen Meal Plan

**Suggested Donation**  
**\$1.25 per meal**

Menu subject to change without notice

**Each entrée is served with 1-slice of bread, fresh fruit, dessert, and 2% milk.**

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 -----

9/28-10/4	<b>Sweet &amp; Sour Meatballs</b> Brown Rice Asian Vegetables	<b>Crusted Fish</b> Macaroni & Cheese Brussel Sprouts	<b>Chicken Cacciatore</b> Whole Grain Pasta Green Beans	<b>Scrambles Eggs</b> Roasted Sweet Potatoes Peppers & Onions	<b>Mushroom &amp; Edamame Ragout</b> Noodles Buttered Green Beans	<b>Moroccan Chicken Stew</b> Roasted Potatoes Zucchini & Peas	<b>Cheese Ravioli with Tomato Sauce and Mozzarella</b> Italian Vegetables
10/5-10/11	<b>Chicken Teriyaki</b> Brown Rice Oriental Blend Vegetables	<b>Fluffy Pancakes with Blueberry Compote</b> Turkey Sausage Roasted Potatoes	<b>Homestyle Stuffed Sage Chicken</b> Sweet Potatoes Green Beans	<b>Eggplant Rollatini</b> Kale Carrots <b>Columbus Day Closed</b>	<b>Chicken with Mexican Mole Sauce</b> Rice Pilaf Sliced Plantains	<b>Salisbury Steak with Salsa Verde Sauce</b> Mashed Sweet Potatoes Broccoli	<b>Chicken Tikka Masala</b> Whole Grain Penne Buttered Zucchini
10/12-10/18	<b>Chicken Parmesan</b> Whole Grain Pasta Broccoli	<b>Beef Stir Fry</b> Brown Rice Oriental Blend Vegetables	<b>Southwestern Chicken</b> Organic Quinoa Pilaf Corn & Red Peppers	<b>Fettuccini Alfredo</b> Peas Carrots	<b>Beef Hamburger</b> Diced Potatoes Green Beans	<b>Seasoned Shredded Chicken Thigh</b> Mashed Potatoes Carrots	<b>Crusted Fish</b> Macaroni & Cheese Brussel Sprouts
10/19-10/25	<b>Jerk Chicken</b> Rice & Beans Collard Greens	<b>Beef Goulash</b> Noodles Carrots	<b>Chicken Strips in Basil Cream Sauce</b> Whole Grain Pasta Broccoli	<b>Balsamic Chicken</b> Roasted Potatoes Green Beans	<b>Meatloaf with Mushroom Gravy</b> Mashed Potatoes Peas & Carrots	<b>Manicotti</b> Spinach	<b>Organic Veggie Burger</b> Black Bean & Tomato Cauliflower
10/26-11/1	<b>Sweet Sausage</b> Red Skin Potatoes Peppers & Onions	<b>Chicken Breast a la King</b> Noodles Spinach	<b>Italian Meatballs with Tomato Sauce</b> Whole Wheat Pasta Italian Vegetables	<b>Chicken &amp; Vegetables Dumpling with Asian Sauce</b> Brown Rice Broccoli & Red Peppers	<b>Beef Ribeye</b> Sweet Potatoes Mixed Vegetables	<b>Fish Sticks</b> Mexican Corn Green Beans	<b>French Toast</b> <b>Turkey Sausage</b> Roasted Potatoes Strawberries

*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' will call individuals who request the program to check that they are safe. The incoming call will be made on the days and time that the individual specifies. For information on this free service, please call 201-336-7400.

**Closed Monday, 10/8 in observance of Columbus Day, and Tuesday, 11/6 for Election Day. No deliveries will be made on these dates.** Individuals, who normally receive delivery on Monday will receive 2-wk supply on 10/01 and no delivery on 10/8. Individuals, who normally receive delivery on Tuesday, will receive 2-wk. supply on 10/30 and no delivery on 11/6. If you have a question, please call Meals on Wheels at 201-336-7420 between 8:00 am -4:00 pm Monday-Friday.