

November 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 -----						
10/26-11/1	Sweet Sausage Red Skin Potatoes Peppers & Onions	Chicken Breast a la King Noodles Spinach	Italian Meatballs with Tomato Sauce Whole Wheat Pasta Italian Vegetables	Asian Chicken & Vegetable Dumplings Brown Rice Broccoli & Red Peppers	Beef Riqueque Sweet Potatoes Mixed Vegetables	Fish Sticks Mexican Corn Green Beans	French Toast Turkey Sausage Roasted Potatoes Strawberries
11/2-11/8	Lemon Pepper Fish Rice Pilaf Mixed Vegetables	Chimichurri Chicken Green Beans Plantains	Seasoned Pork with Gravy Sweet Potatoes Broccoli	Jerk Chicken Rice & Beans Collard Greens	Macaroni & Beef Casserole Corn Green Beans Election Day- Closed	Chicken Cordon Bleu Mashed Potatoes Spinach	Cheese Lasagna with Tomato Sauce Italian Vegetables
11/9-11/15	Moroccan Chicken Roasted Potatoes Zucchini & Peas	Mushroom & Edamame Ragout Noodles Green Beans	Sweet & Sour Meatballs Brown Rice Oriental Vegetables	Honey Mustard Pork Mashed Potatoes Broccoli Veteran's Day - Closed	Crusted Fish Macaroni & Cheese Brussel Sprouts	Southwestern Chicken Organic Quinoa Pilaf Corn & Red Peppers	Cheese Ravioli with Tomato Sauce & Mozzarella Italian Vegetables
11/16-11/22	Chicken Tikka Masala Whole Grain Pasta Buttered Zucchini	Stuffed Shells Italian Blend Vegetables	Salisbury Steak with Salsa Verde Sauce Whipped Yams Broccoli	Chicken in Mexican Mole Sauce Rice Pilaf Sliced Plantains	Lemon Pepper Fish Roasted Potatoes Carrots	Organic Veggie Burger Black Beans & Tomato Cauliflower	Roast Turkey Corn Bread Stuffing Sweet Potatoes Green Beans Thanksgiving Day Closed
11/23-11/29	Manicotti with Tomato Sauce Spinach Day after Thanksgiving Closed	Chicken & Vegetable Dumplings Rice Pilaf Broccoli & Red Peppers	Shredded Chicken Thigh Macaroni & Cheese Brussel Sprouts	Beef Goulash Noodles Carrots	Chimichurri Chicken Plantains Green Beans	Pancakes & Turkey Sausage Roasted Potatoes Blueberry Compote	Chicken Stuffed with Broccoli & Cheese Roasted Potatoes 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 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 Tuesday 11/6; Monday 11/12; and Thursday & Friday 11/22-3. No deliveries will be made on these dates. Individuals, who normally receive delivery on **Tuesday** can receive 2-wk supply on 10/30 and no delivery on 11/6; **Monday** deliveries can receive 2-wk supply on 11/5 and no delivery on 11/12; **Thursday** deliveries can receive 2-wk supply on 11/15 and no delivery on 11/22; and **Friday** deliveries can receive 2-wk supply on 11/16 and no delivery on 11/23. If you have a question, please call Meals on Wheels at 201-336-7420 between 8:00 am -4:00 pm Monday-Friday.