

January 2019

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 -----						
12/28-1/3	Pork Sweet Potatoes Oriental Vegetables	Macaroni & Beef Casserole Brussel Sprouts	Chicken & Vegetable Dumplings Rice Pilaf Broccoli & Red Peppers	Cheese Ravioli Italian Vegetables	Chicken Strips in Basil Cream Sauce Penne Broccoli New Year's Day Closed	Fish Sticks Corn Green Beans	BBQ Chicken Roasted Potatoes Carrots
1/4-1/10	Beef Goulash Noodles Carrots	Cheese Omelet Onions and Peppers Roasted Potatoes Pears	Shredded Spiced Chicken Thigh Macaroni & Cheese Brussel Sprouts	Beef Burger Diced Seasoned Potatoes Green Beans	Spaghetti & Meatballs with Tomato Sauce Italian Vegetables	Chicken in Mexican Mole Sauce Brown Rice Green Beans	Lemon Pepper Fish Red Roasted Potatoes Okra & Stewed Tomatoes
1/11-1/17	BBQ Beef Ribeye Sweet Potatoes Mixed Vegetables	Chicken Francese Brown Rice Green Beans	Philly Cheese Steak Caramelized Onions Broccoli	Chicken Stuffed with Broccoli & Cheese Roasted Potatoes Peas & Carrots	Seasoned Pork Brown Rice Oriental Vegetables	Shredded Chicken Thigh Mashed Potatoes Carrots	Baked Ziti with Tomato Sauce Cauliflower
1/18-1/24	Balsamic Glazed Chicken Roasted Potatoes Green Beans	Beef & Broccoli Lo Mein Noodles Oriental Vegetables	Chicken Marsala Rice Pilaf Brussel Sprouts	Crunchy Fish Sweet Potatoes Mixed Vegetables MLK Birthday Closed	Meatballs with Mushroom Gravy Noodles Broccoli	Pancakes with Turkey Sausage Roasted Potatoes Blueberry Compote	Vegetable Lasagna with Béchamel Sauce Zucchini and Stewed Tomatoes
1/25-1/31	Sweet Sausage Red Skin Potatoes Peppers & Onions	Shredded Chicken Thigh Mashed Potatoes Carrots	Manicotti with Tomato Sauce and Cheese Spinach	Chicken & Vegetable Dumplings Rice Pilaf Broccoli & Red Peppers	Turkey & Bean Chili Brown Rice Carrots	Crusted Fish Macaroni & Cheese Brussel Sprouts	Chicken Piccata Wild Rice Green Beans

*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, 1/1 New Year's Day and Monday 1/21 Martin Luther King's Birthday. No deliveries will be made on these dates.

Individuals who normally receive delivery on **Tuesday** can receive 1-wk supply on **Wednesday 1/2**;

Individuals who normally receive delivery on **Monday** can receive 2-wk supply on Monday 1/14.

If you have a question, please call Meals on Wheels at 201-336-7420 between 8:00 am -4:00 pm Monday-Friday.