

# December 2019

# 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-----						
12/6-12/12	<b>Balsamic Chicken</b> Roasted Potatoes Green Beans	<b>Spaghetti &amp; Meatballs</b> Italian Vegetables	<b>Crusted Fish</b> Sweet Potatoes Mixed Vegetables	<b>Chicken Marsala</b> Rice Pilaf Brussel Sprouts	<b>Turkey Bean Chili</b> Brown Rice Carrots	<b>Sweet Sausage</b> Red Skin Potatoes Peppers & Onions	<b>Vegetable Lasagna with Béchamel</b> Zucchini & Stewed Tomatoes
12/13-12/19	<b>Sweet &amp; Sour Meatballs</b> Brown Rice Oriental Vegetables	<b>Chicken Parmesan</b> Whole Grain Pasta Broccoli	<b>Beef Ribeye</b> Sweet Potatoes Mixed Vegetables	<b>Chicken a La King</b> Noodles Spinach	<b>Beef Salsa Verde</b> Mashed Potatoes Brussel Sprouts	<b>Chicken Milanese</b> Penne Italian Vegetables	<b>Fall Vegetables &amp; Bean Bowl</b> Creamy Polenta Butternut Squash Spinach
12/20-12/26	<b>Lemon Chicken</b> Penne Broccoli	<b>Autumn Vegetable &amp; Bean Bowl</b> Sweet Potatoes Okra	<b>Fettuccini Alfredo</b> Peas Carrots	<b>Latin Beef Stew</b> Yellow Rice Vegetable Blend	<b>Fish Sticks</b> Corn Green Beans	<b>Fresh Ham with Gravy</b> Stuffing Mashed Potatoes Spinach <b>Christmas- Closed</b>	<b>Jerk Chicken</b> Plantains Green Beans
12/27-1/2	<b>Seasoned Pork</b> Sweet Potatoes Oriental Vegetables	<b>Crusted Fish</b> Macaroni & Cheese Brussel Sprouts	<b>Meatloaf with Gravy</b> Mashed Potatoes Carrots	<b>Cheese Ravioli</b> Italian Vegetables	<b>Beef Burgundy</b> Fettuccini Asparagus	<b>Chicken &amp; Vegetable Dumplings</b> Rice Pilaf Broccoli & Red Peppers <b>New Year's Day -Closed</b>	<b>Chicken Strips in Basil Cream Sauce</b> Penne Broccoli

*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' 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 Wednesday December 25<sup>th</sup> and January 1<sup>st</sup>. No deliveries will be made on these dates.**

If you would normally receive delivery on Wednesday, 12/25 & 1/1,  
 You can receive 2-wk supply on Wednesday, 12/18, and 1-wk supply on **Thursday, 1/2.**

If you would normally receive delivery on Thursday, 1/2,  
 You can receive 2-wk supply on Thursday, 12/26 as you will not receive a delivery on Thursday, 1/2.

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

