

# October 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-----						
9/27-10/3	<b>Beef Stir Fry</b> Brown Rice Oriental Vegetables	<b>Garlic &amp; Dill Crusted Fish</b> Mashed Potatoes Zucchini	<b>Chicken Parmesan</b> Pasta Broccoli	<b>Cheese Ravioli</b> Italian Vegetables	<b>Fall Vegetable &amp; Bean Bowl</b> Creamy Polenta Butternut Squash Spinach	<b>Balsamic Chicken</b> Roasted Potatoes Green Beans	<b>Beef Chimichurri</b> Brown Rice Carrots
10/4-10/10	<b>Potato Crusted Fish</b> Whipped Yams Mixed Vegetables	<b>Chicken Milanese</b> Penne Italian Vegetables	<b>Meatloaf with Mushroom Gravy</b> Mashed Potatoes Carrots	<b>French Toast with Turkey Sausage</b> Roasted Potatoes Strawberry Compote	<b>Chicken Francaise</b> Brown Rice Green Beans	<b>Turkey Tetrazzini</b> Noodles Broccoli	<b>Spring Vegetables &amp; Edamame Bowl</b> Organic Quinoa Pilaf Vegetable Blend
10/11-10/17	<b>Organic Veggie Burger</b> Black Bean & Tomato Cauliflower	<b>Island Pollack Fish</b> Organic Quinoa Pilaf Okra & Stewed Tomatoes	<b>Turkey Bean Chili</b> Brown Rice Carrots	<b>Eggplant Rollatini</b> Kale Carrots <b>Columbus Day Closed</b>	<b>Braised Pork with Mango Salsa</b> Mashed Sweet Potatoes Spinach	<b>Latin Bean &amp; Barley Bowl</b> Vegetable Blend	<b>Chicken with Country Cream Gravy</b> Mashed Potatoes Collard Greens
10/18-10/24	<b>Fish Sticks</b> Corn Green Beans	<b>Beef Burgundy Fettuccini</b> Asparagus	<b>Italian Stuffed Shells</b> Italian Vegetables	<b>Chicken Cordon Bleu</b> Mashed Potatoes Spinach	<b>Beef Ribeye</b> Sweet Potatoes Mixed Vegetables	<b>Lemon Chicken</b> Penne Broccoli	<b>Creole Breakfast Scramble</b> Creamy Polenta Green Peppers
10/25-10/31	<b>General Tso Chicken</b> Rice Pilaf Oriental Vegetables	<b>Fettuccini Alfredo</b> Peas Carrots	<b>Asian Chicken &amp; Vegetable Dumplings</b> Brown Rice Broccoli w/Red Peppers	<b>Mediterranean Ratatouille</b> Organic Quinoa Pilaf Vegetable Blend	<b>Chicken a La King</b> Noodles Spinach	<b>Sweet Italian Sausage</b> Red Skin Potatoes Peppers & Onions	<b>Beef in Red Wine Sauce</b> Roasted Potatoes Okra & Corn <i>Happy Halloween</i>

*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 Monday, 10/14 in observance of Columbus Day. No deliveries will be made on this date.** Individuals who normally receive delivery on Monday can receive 2-wk supply on Monday, 10/7. If you have a question, please call Meals on Wheels at 201-336-7420 between 8:00 am -4:00 pm Monday-Friday.

