

January 2020

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 ($\leq 8g$), 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-----						
12/27-1/2	Seasoned Pork Sweet Potatoes Oriental Vegetables	Crusted Fish Macaroni & Cheese Brussels Sprouts	Meatloaf with Gravy Mashed Potatoes Carrots	Cheese Ravioli Italian Vegetables	Beef Burgundy Fettuccini Asparagus	Chicken & Vegetable Dumplings Rice Pilaf Broccoli & Red Peppers Closed - New Year's Day	Chicken Strips in Basil Cream Sauce Penne Broccoli
1/3-1/9	Manicotti Spinach	General Tso's Chicken Rice Pilaf Oriental Vegetables	Beef Goulash Noodles Carrots	Chicken with Country Cream Gravy Mashed Potatoes Collard Greens	Harvest Blend Ratatouille Barley Brussels Sprouts	Turkey Tetrazzini Noodles Broccoli	Stuffed Chicken with Broccoli & Cheese Mashed Potatoes Spinach
1/10-1/16	Creole Breakfast Scramble Creamy Polenta Peppers	Seasoned Pork Brown Rice Oriental Vegetables	Chicken Cordon Bleu Mashed Potatoes Spinach	Baked Ziti with Ricotta Cheese Cauliflower	Chicken Stew Roasted Potatoes Zucchini & Peas	Island Pollack Fish Quinoa Pilaf Okra & Stewed Tomatoes	Chicken Cacciatore Penne Pasta Green Beans
1/17-1/23	Turkey Bean Chili Brown Rice Carrots	Meatballs Alfredo Noodles Broccoli	Spring Vegetable & Edamame Bowl Organic Quinoa Pilaf Blended Vegetables	French Toast Turkey Sausage Roasted Potatoes Strawberries Closed ML King's Birthday	Balsamic Chicken Roasted Potatoes Green Beans	Beef Salsa Verde Mashed Potatoes Brussel Sprouts	Cheese Lasagna Italian Vegetables
1/24-1/30	Fall Vegetables & Bean Bowl Creamy Polenta Butternut Squash Spinach	Meatballs with Mushroom Gravy Mashed Potatoes Carrots	Chicken Parmesan Whole Grain Pasta Broccoli	Fish Sticks Corn Green Beans	Sweet and Sour Meatballs Brown Rice Oriental Vegetables	Chicken Milanese Penne Italian Vegetables	Beef Ribeye Sweet Potatoes Mixed Vegetables

*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, January 1st (New Year's Day) and Monday, 1/20 (Martin Luther King Jr.'s birthday). No deliveries will be made on these dates.
 If you normally receive delivery on Wednesday, you can receive 1-wk supply on **Thursday, 1/2/20** (no delivery on 1/1).
 If you normally receive delivery on Monday, you can receive 2-weeks supply on Monday, 1/13 (no delivery on 1/20).
 If you have a question, please call Meals on Wheels at 201-336-7420 between 8:00 am -4:00 pm Monday-Friday.