

December 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 (≤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-----

12/4-12/10	BBQ Beef Ribeye Mashed Sweet Potatoes Mixed Vegetables	Cheese Ravioli Italian Vegetables	Dill Crusted Fish Mashed Potatoes Zucchini	French Toast with Turkey Sausage Roasted Potatoes Strawberries	Beef Stew Rice Pilaf Vegetable Blend	Chicken Parmesan Pasta Broccoli	Fall Roasted Bean Bowl Polenta Spinach
12/11-12/17	Beef Chili Green Beans Corn & Red Peppers	Eggplant Parmesan Kale Carrots	Philly Cheesesteak Caramelized Onions Broccoli	Seasoned Chicken Macaroni & Cheese Brussel Sprouts	Seasoned Pork Mashed Sweet Potatoes Oriental Vegetables	Chicken Stuffed with Broccoli & Cheese Mashed Potatoes Spinach	Vegetable Lasagna with Béchamel Sauce Zucchini & Stewed Tomatoes
12/18-12/24	Fettuccini Alfredo Peas Carrots	Chicken Mole Mashed Sweet Potatoes Broccoli	Protein Pasta ala Vodka Zucchini & Stewed Tomatoes	Sweet Sausage Red Skin Potatoes Peppers & Onions	Vegetarian Chili Brown Rice Broccoli	Balsamic Chicken Roasted Potatoes Green Beans	Turkey-Ham with Pineapple Sauce Roasted Potatoes Green Beans
12/25-12/31	Chicken Strips with Pesto Cream Sauce Penne Broccoli Closed Christmas Day	Lemon Pepper Fish Roasted Potatoes Okra & Stewed Tomatoes	Turkey Teriyaki Brown Rice Oriental Vegetables	Beef Goulash Noodles Carrots	Cajun Breakfast Scramble Creamy Polenta Green Peppers	Falafel with Lemon Sauce Quinoa Pilaf Spinach & Tomatoes	Chicken & Vegetable Dumplings Rice Broccoli & Red Peppers

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 Friday, 12/25 Christmas Day and Friday, 1/01 New Year's Day. No meals will be delivered on these dates. Due to these holidays, the meal delivery schedule has changed as follows:

If your usual delivery day is Friday 12/25 and 1/01, you will receive delivery on Friday 12/18 (2-weeks supply) and Thursday 12/31 (1-week supply).

If your usual delivery day is Thursday 12/31, you will receive double delivery on Thursday 12/24 and no delivery on Thursday 12/31.

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