

# September 2021

# 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	----- Weekend 2-pack -----			----- Weekday 5-pack -----			
9/3-9/9	<b>Chicken Breast w/ Chicken Gravy</b> Mashed Potatoes Spinach	<b>Cheese Lasagna with Tomato Sauce</b> Italian Vegetables	<b>White Bean Cassoulet</b> Barley Salad Zucchini	<b>Beef Hamburger</b> Seasoned Diced Potatoes Green Beans	<b>Philly Steak in Cheese Sauce</b> Broccoli	<b>Balsamic Chicken</b> Roasted Potatoes Green Beans	<b>Turkey Teriyaki</b> Brown Rice Oriental Blend Vegetables
9/10-9/16	<b>Beef Salsa Verde</b> Mashed Potatoes Brussel Sprout	<b>Lemon Chicken</b> Pasta Broccoli	<b>Turkey Enchilada</b> Pasta Zucchini	<b>Cheese Ravioli with Tomato Sauce and Mozzarella</b> Italian Vegetables	<b>Cheesy Cream of Chicken</b> Rice Asparagus	<b>Meatloaf with Mushroom Gravy</b> Mashed Potatoes Carrots	<b>Island Pollock Fish</b> Organic Quinoa Pilaf Okra & Stewed Tomatoes
9/17-9/23	<b>Lemon Caper Fish</b> Mashed Potatoes Spinach	<b>Chicken Milanese</b> Pasta Mixed Vegetables	<b>Salisbury Steak</b> Mashed Potatoes Broccoli	<b>Baked Ziti With Tomato Sauce and Cheese</b> Cauliflower	<b>Chicken &amp; Vegetables Dumplings w/Asian Sauce</b> Brown Rice Broccoli with Red Peppers	<b>Beef Goulash</b> Noodles Carrots	<b>Turkey Chili</b> Sweet Potato Brussel Sprouts
9/24-9/30	<b>Beef &amp; Broccoli</b> Lo Mein Noodles Oriental Vegetables	<b>Fluffy Pancakes</b> <b>Turkey Sausage</b> Roasted Potatoes Blueberry Compote	<b>Fajita Chicken</b> Spanish Rice Peppers & Peas	<b>Mushroom Edamame Ragout</b> Noodles Green Beans	<b>Chicken Parmesan</b> Whole Grain Pasta Broccoli	<b>Sweet Sausage</b> Red Skin Potatoes Peppers & Onions	<b>Fettuccini Alfredo</b> Peas & Carrots

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 201-336-7420.

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.

**Closed Monday, 9/6 in celebration of Labor Day. No meals will be delivered on this date. Individuals who normally receive delivery on Monday, can receive 2-weeks supply on 8/30.**

**Call Meals on Wheels at 201-336-7420 for information.**