

January 2022

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**-----

1/1-1/7	Turkey Teriyaki Brown Rice Oriental Vegetables	Lemon Pepper Fish Roasted Potatoes Okra & Stewed Tomatoes	Chicken Strips in Pesto Basil Cream sauce Penne Broccoli	Beef Picadillo Roasted Sweet Potatoes Kale	Stuffed Shells Italian Vegetables	Chicken Francese Brown Rice Green Beans	BBQ Meatballs Mac & Cheese Broccoli
1/8-1/14	Island Pollock Quinoa Pilaf Okra & Stewed Tomatoes	Chicken Florentine Mashed Potatoes Carrots	Manicotti w/ Tomato sauce & cheese Spinach	Falafel w/ Lemon sauce Quinoa Pilaf Spinach & Tomatoes	Salisbury Steak w/ gravy Mashed Sweet Potatoes Broccoli	Chicken Piccata Wild rice Green Beans	Beef & Broccoli Lo Mein Roasted Potatoes Oriental Vegetables
1/15-1/21	Harvest Blend Ratatouille Barley Brussel Sprouts	Cheese Ravioli Italian Blend Vegetables	Dill Crusted Fish Mashed Potatoes Zucchini	Fluffy Pancakes w/ Turkey Sausage Roasted Potatoes Blueberry compote	Beef Stew Rice Pilaf Blended Vegetables	Chicken Parmesan Pasta Broccoli	Meatballs with Tomato Sauce Spaghetti Italian Blend Vegetables
1/22-1/28	Vegetable lasagna with Béchamel Sauce Zucchini & Stewed tomatoes	Seasoned pork Mashed Sweet Potatoes Oriental Vegetables	Philly Cheesesteak Caramelized Onions Broccoli	Caribbean Pineapple Chicken Rice Blended Vegetables	Turkey Chili Sweet Potatoes Brussel sprouts	Chicken Stuffed Broccoli and Cheese Mashed Potatoes Spinach	Eggplant parmesan Kale Carrots
1/29-2/4	Vegetarian Chili Brown Rice Broccoli	Protein Pasta Ala Vodka Zucchini & Stewed Tomatoes	Chicken with Country Gravy Mashed Potatoes Collard Greens	Mushroom Edamame Ragout Noodles Green Beans	Fettuccini Alfredo Peas Carrots	Balsamic Chicken Roasted Potatoes Green Beans	Beef Ribeye w/BBQ Sauce Mashed Sweet Potatoes Mixed Vegetables

Closed Monday, 1/17 in celebration of Martin Luther King, Jr.'s Birthday. No meals will be delivered on 1/17. If your usual delivery day is Monday, you will receive double delivery on Monday, 1/10. Call Meals on Wheels at 201-336-7420 for information.

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.

During the COVID-19 crisis, meals received each week may not match the menu; however, the menu indicates the types of meals that may be expected. Thank you for your patience as we get through this together. Be safe.