

December 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	----- Weekend 2-Pack -----			----- Weekday 5-Pack -----			
12/2-12/8	Spaghetti & Meatballs with Tomato Sauce Italian Blend Vegetables	Dill Crusted Fish Mashed Potatoes Zucchini	Cheese Ravioli Italian Blend Vegetables	French Toast with Turkey Sausage Roasted Potatoes Strawberries	Beef Stew Rice Pilaf Blended Vegetables	Chicken Parmesan Pasta Broccoli	Harvest Blend Ratatouille Barley Brussel Sprouts
12/9-12/15	Turkey Chili Sweet Potatoes Brussel Sprouts	Eggplant Parmesan Kale Carrots	Turkey Enchilada Pasta Zucchini	Caribbean Pineapple Chicken Rice Blended Vegetables	Seasoned Pork Mashed Sweet Potatoes Oriental Vegetables	Chicken Stuffed Broccoli & Cheese Mashed Potatoes Spinach	Vegetable Lasagna with Béchamel Sauce Zucchini & Stewed Tomatoes
12/16-12/22	Fettuccini Alfredo Peas Carrots	Chicken with Country Gravy Mashed Potatoes Collard Greens	Protein Pasta a la Vodka Zucchini & Stewed Tomatoes	Balsamic Chicken Roasted Potatoes Green Beans	Vegetarian Chili Brown Rice Broccoli	Sweet Sausage Red Skin Potatoes Peppers & Onions	Beef Salsa Verde Mashed Potatoes Brussel Sprouts
12/23-12/29	Fall Roasted Bean Bowl Polenta Spinach	Turkey-Ham with Pineapple Sauce Roasted Potatoes Green Beans	Chicken Mole Mashed Sweet Potatoes Broccoli <i>Closed Christmas</i> 	Cheese Omelet topped with Onions & Peppers Red Roasted Potatoes Diced Pears	Beef Burgundy Fettuccini Asparagus	Fish Sticks Corn Green Beans	Turkey Teriyaki Brown rice Oriental Vegetables
12/30-1/5	Chicken & Vegetable Dumplings Rice Broccoli & Red Peppers	Lemon Pepper Fish Roasted Potatoes Okra & Stewed Tomatoes	Chicken Strips in Basil Pesto Cream Sauce Penne Broccoli <i>Closed-New Years</i>	Beef Picadillo Roasted Sweet Potatoes Kale	Stuffed Shells Italian Vegetables	Chicken Francese Brown Rice Green Beans	BBQ Meatballs Mac & Cheese Broccoli

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 a suspension and/or termination from the Meals on Wheels Program. Thank you for your cooperation.

Closed Monday, 12/26 (Christmas Day observed); and Monday, 1/2/23 (New Year's Day observed). No meal deliveries on these dates. Call Meals on Wheels at 201-336-7420 for more information regarding a 2-weeks supply for holidays.

