

March 2019

Bergen County Meals on Wheels Menu

Frozen Meal Plan

Suggested Donation
\$1.25 per meal

Menu subject to change without notice

Each entrée is served with 1-slice of bread, fresh fruit, dessert, and 2% milk.

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 -----						
3/1-3/7	Chicken Strips in Basil Sauce Whole Grain Pasta Broccoli	Organic Veggie Burger Black Bean & Tomato Cauliflower	Beef & Broccoli Lo Mein Noodles Oriental Vegetables	Lemon Pepper Fish Rice Pilaf Mixed Vegetables <i>Ash Wednesday</i>	Balsamic Chicken Roasted Potatoes Green Beans	Meatloaf with Gravy Mashed Potatoes Carrots	Manicotti with Tomato Sauce & Cheese Spinach
3/8-3/14	French Toast with Turkey Sausage Roasted Potatoes Strawberries	Beef Ribeye Sweet Potato Mixed Vegetables	Chicken & Vegetable Dumplings Brown Rice Broccoli with Red Peppers	White Bean Cassoulet Barley Salad Zucchini	Chicken Cordon Bleu Mashed Potatoes Spinach	Beef Goulash Noodles Carrots	Fish Sticks Corn Green Beans
3/15-3/21	Balsamic Chicken Pasta Green Beans	Lemon Caper Fish Mashed Potatoes Spinach	Corned Beef Boiled Potatoes Steamed Cabbage <i>St Patrick's Day</i>	Philly Cheese Steak Caramelized Onions Broccoli	Seasoned Pork Sweet Potatoes Broccoli	Chicken Marsala Rice Pilaf Brussel Sprouts	Cheese Lasagna with Tomato Sauce Italian Vegetables
3/22-3/28	Latin Beef Stew Yellow Rice Vegetable Blend	Chicken Milanese Pasta Mixed Vegetables	Sweet & Sour Meatballs Brown Rice Oriental Vegetables	Chicken Stew Roasted Potatoes Zucchini	Cheese Ravioli with Tomato Sauce & Cheese Italian Vegetables	Turkey & Bean Chili Brown Rice Carrots	Crusted Fish Macaroni & Cheese Brussel Sprouts
3/29-4/4	Honey Mustard Pork Roasted Potatoes Brussel Sprouts	Chicken Cacciatore Whole Grain Pasta Green Beans	Salisbury Steak Mashed Sweet Potatoes Potatoes Broccoli	Macaroni & Beef Casserole Brussel Sprouts <i>April Fool's Day</i>	Chicken Breast a La King Rice Piaf Spinach	Eggplant Parmesan Kale Carrots	Lemon Pepper Fish Rice Pilaf 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' will call individuals who request the program to check that they are safe. The incoming call will be made on the days and time that the individual specifies. For information on this free service, please call 201-336-7400.

March is National Nutrition Month. If you wish to speak with a Registered Dietitian at no charge, call 201-336-7403 and leave a detailed message.

Choose Right - Live Well: Consume fewer calories, Get daily exercise, Make informed food choices.