

# September 2018

# 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 -----						
8/31-9/6	<b>Fettuccini Alfredo</b> Peas Carrots	<b>Scrambled Eggs</b> Roasted Sweet Potatoes Peppers & Onions	<b>Chicken Parmesan</b> Whole Grain Pasta Broccoli	<b>Beef Hamburger</b> Seasoned Potatoes Green Beans <b>Labor Day - Closed</b>	<b>Beef Stir Fry</b> Brown Rice Oriental Blend Vegetables	<b>Seasoned Shredded Chicken Thigh</b> Mashed Potatoes Carrots	<b>Crusted Fish</b> Macaroni & Cheese Brussel Sprouts
9/7-9/13	<b>Beef Goulash</b> Noodles Carrots	<b>Balsamic Chicken</b> Roasted Potatoes Green beans	<b>Meatloaf with Mushroom Gravy</b> Mashed Potatoes Peas & Carrots	<b>Manicotti</b> Spinach	<b>Jerk Chicken</b> Rice & Beans Collard Greens	<b>Organic Veggie Burger</b> Black Bean & Tomato Cauliflower	<b>Chicken Strips in Basil Cream Sauce</b> Whole Grain Pasta Broccoli
9/14-9/20	<b>Sliced Beef with Salsa Verde Sauce</b> Mashed Potatoes Brussel Sprouts	<b>Fish Sticks</b> Mexican Corn Green Beans	<b>Chicken Breast a la King</b> Noodles Spinach	<b>Italian Meatballs with Tomato Sauce</b> Whole Grain Pasta Italian Vegetables	<b>Chicken Stuffed with Broccoli &amp; Cheese</b> Roasted Potatoes Peas & Carrots	<b>Beef Ribeye</b> Sweet Potatoes Mixed Vegetables	<b>Chicken &amp; Vegetable Dumpling with Asian Sauce</b> Brown Rice Broccoli w/Red Peppers
9/21-9/27	<b>BBQ Chicken</b> Baked Beans Corn & Red Peppers	<b>Cheese Lasagna with Tomato Sauce</b> Italian Vegetables	<b>Seasoned Pork with Gravy</b> Sweet Potatoes Broccoli	<b>Chimichurri Chicken</b> Green Beans Plantains	<b>Sweet Sausage</b> Red Skinned Potatoes Peppers & Onions	<b>Lemon Pepper Fish</b> Rice Pilaf Mixed Vegetables	<b>Chicken Cordon Bleu</b> Mashed Potatoes Spinach
9/28-10/4	<b>Sweet &amp; Sour Meatballs</b> Brown Rice Asian Vegetables	<b>Crusted Fish</b> Macaroni & Cheese Brussel Sprouts	<b>Chicken Cacciatore</b> Whole Grain Pasta Green Beans	<b>Scrambled Eggs</b> Roasted Sweet Potatoes Peppers & Onions	<b>Mushroom &amp; Edamame Ragout</b> Noodles Buttered Green Beans	<b>Moroccan Chicken Stew</b> Roasted Potatoes Zucchini & Peas	<b>Cheese Ravioli with Tomato Sauce and Mozzarella</b> Italian 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.**

**Closed Monday, 9/3 in observance of Labor Day and 10/8, Columbus Day. No deliveries will be made on these dates.** Individuals, who normally receive delivery on Monday will receive 2-wks supply on 8/27 and 10/01 and no delivery on 9/3 and 10/8.  
 If you have a question, please call Meals on Wheels at 201-336-7420 between 8:00 am -4:00 pm Monday-Friday.