

November 2019

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-----						
11/1-11/7	Beef Salsa Verde Mashed Potatoes Brussel Sprouts	Autumn Vegetable & Bean Bowl Sweet Potatoes Okra	Cheese Lasagna Marinara Italian Vegetables	Sweet & Sour Chicken Brown Rice Oriental Vegetables	Meatballs Alfredo Noodles Broccoli Election Day Closed	Turkey Cacciatore Rice Pilaf Peppers & Onions	Jerk Chicken Plantains Green Beans
11/8-11/14	Beef Chimichurri Brown Rice Carrots	Balsamic Chicken Roasted Potatoes Green Beans	Fall Vegetable & Bean Bowl Creamy Polenta Butternut Squash Spinach	Chicken Parmesan Pasta Broccoli Veteran's Day Closed	Beef Stir Fry Brown Rice Oriental Vegetables	Seasoned Pork with Gravy Sweet Potatoes Broccoli	Cheese Ravioli Italian Vegetables
11/15-11/21	Fluffy Pancakes Turkey Sausage Roasted Potatoes Blueberry Compote	Potato Crusted Fish Mashed Sweet Potatoes Mixed Vegetables	Chicken Milanese Penne Italian Vegetables	Spring Vegetables & Edamame Bowl Organic Quinoa Pilaf Vegetable Blend	Turkey Tetrazzini Noodles Broccoli	Meatloaf with Mushroom Gravy Mashed Potatoes Carrots	Chicken Francese Brown Rice Green Beans
11/22-11/28	Manicotti Spinach	General Tso's Chicken Rice Pilaf Oriental Blend Vegetables	Beef Goulash Noodles Carrots	Chicken with Country Cream Gravy Mashed Potatoes Collard Greens	Harvest Blend Ratatouille Barley Brussels Sprouts	Stuffed Chicken with Broccoli & Cheese Mashed Potatoes Spinach	Roast Turkey with Stuffing & Gravy Mashed Sweet Potatoes Green Beans Closed Thanksgiving Day
11/29-12/5	Island Pollack Fish Quinoa Pilaf Okra & Stewed Tomatoes Closed - Day after Thanksgiving	Baked Ziti with Ricotta Cheese Cauliflower	Chicken Cordon Bleu Mashed Potatoes Spinach	Seasoned Pork Brown Rice Oriental Vegetables	Chicken Stew Roasted Potatoes Zucchini & Peas	Creole Breakfast Scramble Creamy Polenta Peppers	Chicken Cacciatore Penne Pasta Green Beans

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' 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.

Closed Tuesday 11/5, Monday 11/11, and Thursday & Friday 11/28-29. No deliveries will be made on these dates. Individuals who normally receive delivery on these days can receive 2-weeks supply of meals the week before.

If you have a question, please call Meals on Wheels at 201-336-7420 between 8:00 am -4:00 pm Monday-Friday.

