

September 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 ($\leq 8g$), 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 -----						
8/30-9/5	Meatballs & Spaghetti Italian Vegetables	Latin Bean & Barley Bowl Blended Vegetables	Island Pollack Organic Quinoa Pilaf Okra & Stewed Tomatoes	Beef Hamburger Diced Potatoes Green Beans Closed Labor Day	Chicken with Country Cream Gravy Mashed Potatoes Collard Greens	Turkey Bean Chili Brown Rice Carrots	Braised Pork with Mango Salsa Whipped Yams Spinach
9/6-9/12	Lemon Chicken Penne Pasta Broccoli	Beef in Red Wine Sauce Roasted Potatoes Okra & Corn	Creole Breakfast Scramble Creamy Polenta Green Peppers	Italian Stuffed Shells Italian Vegetables	Fish Sticks Corn Green Beans	Chicken Stuffed with Broccoli & Cheese Mashed Potatoes Spinach	Beef Burgundy Fettuccini Asparagus
9/13-9/19	Chicken a La King Noodles Spinach	Lemon Pepper Fish Roasted Potatoes Carrots	General Tso Chicken Rice Pilaf Oriental Vegetables	Beef Ribeye Sweet Potatoes Mixed Vegetables	Mediterranean Ratatouille Organic Quinoa Pilaf Vegetable Blend	BBQ Meatballs Macaroni & Cheese Broccoli	Asian Chicken & Vegetable Dumplings Brown Rice Broccoli with Red Peppers
9/20-9/26	Cheese Lasagna Marinara Italian Vegetables	Sweet & Sour Chicken Brown Rice Oriental Vegetables	Beef Salsa Verde Mashed Potatoes Brussel Sprouts	Autumn Vegetable & Bean Bowl Sweet Potatoes Okra	Turkey Cacciatore Rice Pilaf Peppers & Onions	Meatball Alfredo Noodles Broccoli	Jerk Chicken Plantains Green Beans
9/27-10/3	Beef Stir Fry Brown Rice Oriental Vegetables	Garlic & Dill Crusted Fish Mashed Potatoes Zucchini	Chicken Parmesan Pasta Broccoli	Cheese Ravioli Italian Vegetables	Fall Vegetable & Bean Bowl Creamy Polenta Butternut Squash Spinach	Balsamic Chicken Roasted Potatoes Green Beans	Beef Chimichurri Brown Rice Carrots

*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 Monday, 9/2 in observance of Labor Day. No deliveries will be made on this date. Individuals who normally receive delivery on Monday can receive 2-wk supply on Monday, 8/26. If you have a question, please call Meals on Wheels at 201-336-7420 between 8:00 am -4:00 pm Monday-Friday.

