

February 2020

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-----						
1/31-2/6	Cheese, Peppers & Onions Omelet Red Roasted Potatoes Diced Pears	BB Meatballs Macaroni & Cheese Broccoli	Fettuccini Alfredo Peas Carrots	Seasoned Pork Sweet Potatoes Oriental Vegetables	Jerk Chicken Plantains Green Beans	Latin Beef Stew Yellow Rice Vegetable Blend	Lemon Pepper Fish Roasted Potatoes Okra & Stewed Tomatoes
2/7-2/13	Beef in Red Wine Sauce Roasted Potatoes Okra & Corn	Fish Sticks Corn Green Beans	Meatloaf with Gravy Mashed Potatoes Carrots	Cheese Ravioli Italian Vegetables	Chicken & Vegetable Dumplings Rice Pilaf Broccoli & Red Peppers	Beef Burgundy Fettuccini Asparagus	Chicken Strips in Basil Cream Sauce Penne Broccoli
2/14-2/20	Eggplant Rollatini Kale Carrots	General Tso's Chicken Rice Pilaf Oriental Vegetables	Beef Goulash Noodles Carrots	Chicken with Country Cream Gravy Mashed Potatoes Collard Greens <i>President's Day Closed</i>	Harvest Blend Ratatouille Barley Brussels Sprouts	Pancakes with Turkey Sausage Roasted Potatoes Blueberry Compote	Stuffed Broccoli & Cheese Chicken Roasted Potatoes Peas & Carrots
2/21-2/27	Turkey Teriyaki Brown Rice Oriental Vegetables	Chicken Florentine Mashed Potatoes Carrots	Beef Burger Seasoned Diced Potatoes Green Bean	Chicken Parmesan Whole Grain Pasta Broccoli	Seasoned Pork Sweet Potatoes Oriental Vegetables	Crusted Fish Macaroni & Cheese Brussels Sprouts <i>Ash Wednesday</i>	Spring Vegetable & Edamame Bowl Organic Quinoa Pilaf Blended Vegetables
2/28-3/5	Organic Veggie Burger Black Beans & Tomato Cauliflower	Chicken Strips in Basil Cream Sauce Whole Grain Pasta Broccoli	Lemon Pepper Fish Rice Pilaf Mixed Vegetables	Beef & Broccoli Lo Mein Noodles Oriental Vegetables	Balsamic Chicken Roasted Potatoes Green Beans	Meatloaf with Gravy Mashed Potatoes Carrots	Manicotti Spinach

*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, 1/17 in observance of President's Day. No deliveries will be made on this date. Individuals who normally receive delivery on Monday can receive 2-wk supply on Monday, 1/10. If you have a question, please call Meals on Wheels at 201-336-7420 between 8:00 am -4:00 pm Monday-Friday.

