

October 2021

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 | ----- Weekend 2-Pack ----- | | ----- Weekday 5-Pack ----- | | | | |
|---------------|---|--|--|--|---|--|--|
| 10/1-10/7 | Chicken Marsala Rice Pilaf Brussel Sprouts | Turkey Cacciatore White Rice Peppers & Onions | Meatball Alfredo Noodles Broccoli | Chicken Francese Brown Rice Green Beans | Beef Burgundy Fettuccine Asparagus | Eggplant Parmesan Kale Carrots | Protein Penne Ala Vodka Zucchini |
| 10/8-10/14 | Turkey Tetrazzini Noodles Broccoli | Italian Meatballs & Spaghetti Italian Blend Vegetables | Chicken with Country Cream Gravy Mashed Potatoes Collard Greens | Falafel with Lemon Sauce Quinoa Pilaf Spinach & Tomatoes | Braised Pork w/Mango Salsa Mashed Sweet Potatoes Spinach | Lemon Chicken Penne Broccoli | Beef with Red Sauce Roasted Potatoes Okra |
| 10/15-10/21 | Balsamic Chicken Roasted Potatoes Green Beans | Cheese Lasagna with Tomato Sauce Italian Vegetables | BBQ Beef Ribeye Sweet Potatoes Mixed Vegetables | French Toast with Turkey Sausage Roasted Potatoes Strawberries | Philly Steak in Cheese Sauce Broccoli | Chicken Breast with Chicken Gravy Mashed Potatoes Spinach | Turkey Teriyaki Brown Rice Oriental Blend Vegetables |
| 10/22-10/28 | Beef Salsa Verde Mashed Potatoes Brussel Sprouts | Cheesy Cream of Chicken Rice Asparagus | Turkey Enchilada Pasta Zucchini | Cheese Ravioli with Tomato Sauce & Mozzarella Italian Vegetables | Lemon Chicken Pasta Broccoli | Meatloaf with Mushroom Gravy Mashed Potatoes Carrots | Island Pollock Organic Quinoa Pilaf Okra & Stewed Tomatoes |
| 10/29-11/4 | Beef Goulash Noodles Carrots | Vegetable & Chicken Dumplings with Asian Sauce Brown Rice Broccoli with Red Peppers | Salisbury Steak Mashed Sweet Potatoes Broccoli | Baked Ziti with Cheese Cauliflower | Chicken Picatta Wild Rice Green Beans | Lemon Caper Fish Mashed Potatoes Spinach | Turkey Chili Sweet Potato Brussel Sprouts |

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 201-336-7420.

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.

Closed Monday, 10/11 in celebration of Columbus/Indigenous Peoples Day, and Tuesday, 11/2 (Election Day). No meals will be delivered on these dates. Individuals who normally receive delivery on Monday, can receive 2-weeks supply on 10/4; those who receive Tuesday delivery can receive 2-weeks supply on 10/26. Call Meals on Wheels at 201-336-7420 for information.

