

# October 2022

# 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 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	----- Weekend 2-Pack -----		----- Weekday 5-Pack -----				
9/30-10/6	<b>Chicken Marsala</b> Rice Pilaf Brussel Sprouts	<b>Turkey Cacciatore</b> White Rice Peppers & Onions	<b>Meatball Alfredo</b> Noodles Broccoli	<b>Chicken Francaise</b> Brown Rice Green Beans	<b>Beef Burgundy</b> Fettuccini Asparagus	<b>Eggplant Parmesan</b> Kale Carrots	<b>Protein Penne Ala Vodka</b> Zucchini
10/7-10/13	<b>Meatballs w/ Tomato Sauce</b> Spaghetti Italian Blend Vegetables	<b>Turkey Tetrazzini</b> Noodles Broccoli	<b>Chicken w/ Country Cream Gravy</b> Mashed Potatoes Collard Greens	<b>Falafel w/ Lemon Sauce</b> Quinoa Pilaf Spinach & Tomatoes	<b>Braised Pork w/Mango Salsa</b> Mashed Sweet Potatoes Spinach	<b>Lemon Chicken</b> Penne Broccoli	<b>Beef w/ Red Sauce</b> Roasted Potatoes Okra
10/14-10/20	<b>Balsamic Chicken</b> Roasted Potatoes Green Beans	<b>Cheese Lasagna w/ Tomato Sauce</b> Italian Vegetables	<b>Turkey Salsa Verde</b> Barley Carrots	<b>French Toast w/ Turkey Sausage</b> Roasted Potatoes Strawberries	<b>Beef Strips w/ Cheese Sauce</b> Caramelized Onions Broccoli	<b>Chicken Breast</b> Chicken Gravy Mashed Potatoes Spinach	<b>Turkey Teriyaki</b> Brown Rice Oriental Blend Vegetables
10/21-10/27	<b>Beef Salsa Verde</b> Mashed Potatoes Brussel Sprouts	<b>Cheesy Cream of Chicken</b> Rice Asparagus	<b>Turkey Enchilada</b> Pasta Zucchini	<b>Cheese Ravioli w/Tomato Sauce &amp; Mozzarella</b> Italian Vegetables	<b>Lemon Chicken</b> Pasta Broccoli	<b>Meatloaf w/ Mushroom Gravy</b> Mashed Potatoes Carrots	<b>Island Pollock</b> Quinoa Pilaf Okra & Stewed Tomatoes
10/28-11/3	<b>Beef Goulash</b> Noodles Carrots 	<b>Chicken Piccata</b> Wild Rice Green Beans	<b>Salisbury Steak</b> Mashed Sweet Potatoes Broccoli	<b>Baked Ziti w/ Tomato Sauce &amp; Cheese</b> Cauliflower	<b>Chicken &amp; Veg. Dumpling w/ Asian Sauce</b> Brown Rice Broccoli with Red Peppers	<b>Lemon Caper Fish</b> Mashed Potatoes Spinach	<b>Turkey Chili</b> 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 201-336-7400.

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, 10/10** in celebration of Columbus/Indigenous Peoples Day. No meals will be delivered on that day. Individuals who normally receive delivery on Monday, will receive a 2-weeks supply on 10/3, unless a 1-week supply was requested in advance. Call Meals on Wheels at 201-336-7420 for information. Each entrée is served with 1-slice of bread, fresh fruit, dessert, and 2% milk. *Menu subject to change.*

