

February 2023

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	-----Weekend 2- Pack----- 5 Frozen Meal Pack -----						
2/3-2/9	Fajita Chicken Spanish Rice Peppers and Peas	Fish Sticks Corn Green Beans	Chicken Mole Mashed Sweet Potatoes Broccoli	Fall Roasted Bean Bowl Polenta Spinach	Beef Burgundy Fettuccini Asparagus	Cheese Omelet topped with Onions & Peppers Red Roasted Potatoes Diced Pears	Chicken Parmesan Whole Grain Pasta Broccoli
2/10-2/16	Chicken Strips in Basil Pesto Cream Sauce Penne Broccoli	Lemon Pepper Fish Roasted Potatoes Okra and Stewed Tomatoes	Turkey Teriyaki Brown Rice Oriental Vegetables	Beef Picadillo Roasted Sweet Potatoes, Kale 	Stuffed Shells Italian Vegetables	Chicken Francese Brown Rice Green Beans	BBQ Meatballs Mac and Cheese Broccoli
2/17-2/23	Chicken a La King Rice Pilaf Spinach	Organic Veggie Burger Black Bean and Tomato Cauliflower	Turkey Chili Roasted Sweet Potatoes Brussel Sprouts PRESIDENT'S DAY	Beef and Broccoli Lo Mein Noodles Oriental Vegetables	Lemon Pepper Fish Rice Pilaf Mixed Vegetables	Meatloaf with Gravy Mashed Potatoes Carrots	Manicotti with Tomato Sauce and Cheese Spinach
2/24-3/2	Crusted Fish Macaroni and Cheese Brussel Sprouts	Chicken Florentine Mashed Potatoes Carrots	Turkey Teriyaki Brown Rice Oriental Blend Vegetables	Beef Hamburger Seasoned Diced Potatoes Green Beans	Chicken Parmesan Whole Grain Pasta Broccoli	Seasoned Pork Sweet Potatoes Oriental Blend Vegetables	Vegetarian Chili Brown Rice Broccoli

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 day 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 a suspension and/or termination from the Meals on Wheels Program. Thank you for your cooperation.

Closed Monday, 2/20 in celebration of President's Day. No meals will be delivered on this date. Individuals who normally receive delivery on Monday will receive a 2-weeks supply on 2/13. Call Meals on Wheels at 201-336-7420 for information.

