

# December 2018

# Bergen County Meals on Wheels Menu

# Frozen Meal Plan

**Suggested Donation**  
**\$1.25 per meal**

Menu subject to change without notice

**Each entrée is served with 1-slice of bread, fresh fruit, dessert, and 2% milk.**

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 -----						
11/30-12/6	<b>Crusted Fish</b> Macaroni & Cheese Brussel Sprouts	<b>Chicken Stew</b> Roasted Potatoes Zucchini & Peas	<b>Baked Ziti with Tomato Sauce and Cheese</b> Cauliflower	<b>Shredded Chicken Thigh</b> Mashed Potatoes Carrots	<b>Seasoned Pork</b> Brown Rice Oriental Vegetables	<b>Cheese Omelet</b> Onions and Peppers Roasted Potatoes Pears	<b>Chicken Cacciatore</b> Penne Pasta Green Beans
12/7-12/13	<b>Spaghetti &amp; Meatballs with Tomato Sauce</b> Italian Vegetables	<b>Balsamic Glazed Chicken</b> Roasted Potatoes Green Beans	<b>Crusted Fish</b> Sweet Potatoes Mixed Vegetables	<b>Chicken Marsala</b> Rice Pilaf Brussel Sprouts	<b>Vegetarian Chili with Cheddar Cheese</b> Broccoli	<b>Chicken Cordon Bleu</b> Mashed Potatoes Spinach	<b>Vegetable Lasagna with Béchamel Sauce</b> Zucchini and Stewed Tomatoes
12/14-12/20	<b>Chicken Parmesan</b> Whole Grain Pasta Broccoli	<b>Sweet &amp; Sour Meatballs</b> Brown Rice Oriental Vegetables	<b>BBQ Chicken</b> Sweet Potatoes Cauliflower	<b>Fish Sticks</b> Corn Green Beans	<b>Meatloaf with Gravy</b> Mashed Potatoes Carrots	<b>Shredded Chicken Thigh</b> Macaroni & Cheese Brussel Sprouts	<b>Cheese Ravioli with Tomato Sauce and Mozzarella</b> Italian Vegetables
12/21-12/27	<b>French Toast with Turkey Sausage</b> Roasted Potatoes Strawberries	<b>Lemon Pepper Fish</b> Roasted Potatoes Okra & Stewed Tomatoes	<b>Fettuccini Alfredo</b> Peas & Carrots	<b>Homestyle Stuffed Sage Chicken</b> Sweet Potatoes Green Beans	<b>Fresh Ham with Gravy</b> Stuffing Mashed Potatoes Spinach <b>Christmas Day Closed</b>	<b>Latin Beef Stew</b> Yellow Rice Blended Vegetables	<b>Jerk Chicken</b> Rice & Beans Collard Greens
12/28-1/3	<b>Pork</b> Sweet Potatoes Oriental Vegetables	<b>Macaroni &amp; Beef Casserole</b> Brussel Sprouts	<b>Chicken &amp; Vegetable Dumplings</b> Rice Pilaf Broccoli & Red Peppers	<b>Cheese Ravioli</b> Italian Vegetables	<b>Chicken Strips in Basil Cream Sauce</b> Penne Broccoli <b>New Year's Day Closed</b>	<b>Fish Sticks</b> Corn Green Beans	<b>BBQ Chicken</b> Roasted Potatoes 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' will call individuals who request the program to check that they are safe. The incoming call will be made on the days and time that the individual specifies. For information on this free service, please call 201-336-7400.**

**Closed Tuesday, 12/25 and 1/1. No deliveries will be made on these dates.**  
 Individuals who normally receive delivery on **Tuesday** can receive 2-wk supply on Tuesday 12/18 and 1-wk supply on Wednesday 1/2.  
 Individuals who normally receive delivery on **Wednesday** can receive 2-wk supply on 12/26 as no delivery on 1/2.  
 If you have a question, please call Meals on Wheels at 201-336-7420 between 8:00 am -4:00 pm Monday-Friday.