

# February 2025

# Bergen County Meals on Wheels Program

# Hot Meal Plan

<p style="text-align: center;"><b>Suggested Donation</b> <b>\$1.25 per Meal</b></p> <p style="font-size: small;"><i>Donations are voluntary and confidential; no one is denied service if donation is not provided.</i></p>	<p style="text-align: center;"><b>Each meal is served with one slice of bread, fresh fruit, dessert, and 2% milk.</b></p> <p style="text-align: center;"><i>Menu is subject to change without notice.</i></p>	<p>Each meal provides 1/3 Dietary Reference Intakes (DRIs) for older adults. The weekly average nutrient content of each meal is less than 10% Saturated Fat (&lt;8g), 50-55% Carbohydrate, 15-20% Protein (&gt;32g), 1000 mg or less Sodium. Salt and sugar are not added to any recipe.</p>
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Weekend - two meals delivered Frozen on Friday		Monday	Tuesday	Wednesday	Thursday	Friday
Saturday	Sunday					
<b>1 Fajita Chicken</b> Spanish Rice Peppers and Peas	<b>2 Fish Sticks</b> Corn Green Beans	<b>3 Chicken Mole</b> Mashed Sweet Potatoes Broccoli	<b>4 Fall Roasted Bean Bowl</b> Polenta Spinach	<b>5 Beef Burgundy</b> Fettuccini Asparagus	<b>6 Cheese Omelet with Onions and Peppers</b> Red Roasted Potatoes Diced Pears	<b>7 Chicken Parmesan</b> Pasta Broccoli
<b>8 Chicken Strips in Basil Pesto Cream Sauce</b> Penne Broccoli	<b>9 Lemon Pepper Fish</b> Roasted Potatoes Okra and Stewed Tomatoes	<b>10 Turkey Teriyaki</b> Brown Rice Oriental Vegetables	<b>11 Beef Picadillo</b> Roasted Sweet Potatoes Kale	<b>12 Stuffed Shells</b> Italian Vegetables	<b>13 Chicken Francese</b> Brown Rice Green Beans	<b>14 BBQ Meatballs</b> Mac and Cheese Broccoli
<b>15 Beef Hamburger</b> Seasoned Diced Potatoes Green Beans	<b>16 Manicotti with Tomato Sauce and Cheese</b> Spinach	<b>17 PRESIDENTS DAY CLOSED</b> <b>Turkey Chili</b> Roasted Sweet Potatoes Brussel Sprouts	<b>18 Organic Veggie Burger</b> Black Beans and Tomatoes Cauliflower	<b>19 Lemon Pepper Fish</b> Rice Pilaf Mixed Vegetables	<b>20 Meatloaf with Gravy</b> Mashed Potatoes Carrots	<b>21 Chicken Parmesan</b> Pasta Broccoli
<b>22 Crusted Fish</b> Macaroni and Cheese Brussel Sprouts	<b>23 Beef in Mushroom Gravy</b> Roasted Potatoes Carrots	<b>24 Chicken Milanese</b> Pasta Mixed Vegetables	<b>25 Turkey Cacciatore</b> Rice Pilaf Onions and Peppers	<b>26 Seasoned Pork</b> Sweet Potatoes Oriental Vegetables	<b>27 Chicken Breast with Chicken Gravy</b> Mashed Potatoes Spinach	<b>28 Vegetarian Chili</b> Brown Rice Broccoli

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 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 you are safe. Failure to abide by the program rules may result in termination from the program. Thank you for your cooperation.

Residents who are homebound and live alone are encouraged to participate in the Bergen County Wellness Check Program. A call will be made on the days and time that the individual specifies to check that they are safe. For information on this free service, please call 201-336-7400.

*February Celebrations:*

