

October 2018

Bergen County Meals on Wheels Program

Hot Meal Plan

Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
Weekend Program – High Risk clients only Both meals delivered Frozen on Friday						

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.

Each meal is served with: 1-slice of bread, fresh fruit, dessert, and your choice of skim or 2% milk.		1 Chicken Cacciatore Whole Grain Pasta Green Beans	2 Scrambles Eggs Roasted Sweet Potatoes Peppers & Onions	3 Mushroom & Edamame Ragout Noodles Buttered Green Beans	4 Moroccan Chicken Stew Roasted Potatoes Zucchini & Peas	5 Cheese Ravioli with Tomato Sauce and Mozzarella Cheese Italian Vegetables
6 Chicken Teriyaki Brown Rice Oriental Blend Vegetables	7 Fluffy Pancakes with Blueberry Compote Turkey Sausage Roasted Potatoes	8 Homestyle Stuffed Sage Chicken Sweet Potatoes Green Beans Columbus Day Closed	9 Eggplant Rollatini Kale Carrots	10 Chicken with Mexican Mole Sauce Rice Pilaf Sliced Plantains	11 Salisbury Steak with Salsa Verde Sauce Mashed Sweet Potatoes Broccoli	12 Chicken Tikka Masala Whole Grain Penne Buttered Zucchini
13 Chicken Parmesan Whole Grain Pasta Broccoli	14 Beef Stir Fry Brown Rice Oriental Blend Vegetables	15 Southwestern Chicken Organic Quinoa Pilaf Corn & Red Peppers	16 Fettuccini Alfredo Peas Carrots	17 Beef Hamburger Diced Potatoes Green Beans	18 Seasoned Shredded Chicken Thigh Mashed Potatoes Carrots	19 Crusted Fish Macaroni & Cheese Brussel Sprouts
20 Jerk Chicken Rice & Beans Collard greens	21 Beef Goulash Noodles Carrots	22 Chicken Strips in a Basil Cream Sauce Whole Grain Pasta Broccoli	23 Balsamic Chicken Roasted Potatoes Green Beans	24 Meatloaf with Mushroom Gravy Mashed Potatoes Peas & Carrots	25 Manicotti Spinach	26 Organic Veggie Burger Black Bean & Tomato Cauliflower
27 Sweet Sausage Red Skin Potatoes Peppers & Onions	28 Chicken Breast a la King Noodles Spinach	29 Italian Meatballs with Tomato Sauce Whole Wheat Pasta Italian Vegetables	30 Chicken & Vegetables Dumpling with Asian Sauce Brown Rice Broccoli with Red Peppers	31 Beef Ribeye Sweet Potatoes Mixed Vegetables	Suggested Donation \$1.25 per Meal	Menu is subject to change without notice

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

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 (<8g), 50-55% Carbohydrate, 15-20% Protein (>32g), 1000 mg or less Sodium. Salt and sugar are not added to any recipe.

Closed Monday 10/8 in observance of Columbus Day. No deliveries will be made on this day. Individuals who normally receive delivery on this day will receive a frozen meal prior to the holiday.