

# November 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.

Suggested Donation \$1.25 per Meal		Each meal is served with: 1-slice of bread, fresh fruit, dessert, and your choice of skim or 2% milk.		Menu is subject to change without notice	1 Fish Sticks Mexican Corn Green Beans	2 French Toast Turkey Sausage Roasted Potatoes Strawberries
<b>3 Lemon Pepper Fish</b> Rice Pilaf Mixed Vegetables	<b>4 Chimichurri Chicken</b> Green Beans Plantains	<b>5 Seasoned Pork with Gravy</b> Sweet Potatoes Broccoli	<b>6 Jerk Chicken</b> Rice & Beans Collard Greens <b>Election Day- Closed</b>	<b>7 Macaroni &amp; Beef Casserole</b> Corn Green Beans	<b>8 Chicken Cordon Bleu</b> Mashed Potatoes Spinach	<b>9 Cheese Lasagna with Tomato Sauce</b> Italian Vegetables
<b>10 Moroccan Chicken</b> Roasted Potatoes Zucchini & Peas	<b>11 Mushroom &amp; Edamame Ragout</b> Noodles Buttered Green Beans	<b>12 Sweet &amp; Sour Meatballs</b> Brown Rice Oriental Vegetables <b>Veteran's Day - Closed</b>	<b>13 Honey Mustard Pork</b> Mashed Potatoes Broccoli	<b>14 Crusted Fish</b> Macaroni & Cheese Brussel Sprouts	<b>15 Southwestern Chicken</b> Organic Quinoa Pilaf Corn & Red Peppers	<b>16 Cheese Ravioli with Tomato Sauce &amp; Mozzarella</b> Italian Vegetables
<b>17 Chicken Tikka Masala</b> Whole Grain Pasta Buttered Zucchini	<b>18 Stuffed Shells</b> Italian Blend Vegetables	<b>19 Salisbury Steak with Salsa Verde Sauce</b> Whipped Yams Broccoli	<b>20 Chicken in Mexican Mole Sauce</b> Rice Pilaf Sliced Plantains	<b>21 Lemon Pepper Fish</b> Roasted Potatoes Carrots	<b>22 Roasted Turkey with Gravy</b> Corn Bread Stuffing Sweet Potatoes Buttered Green Beans <b>Thanksgiving Day Closed</b>	<b>23 Organic Veggie Burger</b> Black Beans & Tomato Cauliflower  <b>Day after Thanksgiving Closed</b>
<b>24 Manicotti with Tomato Sauce</b> Spinach	<b>25 Chicken &amp; Vegetable Dumplings</b> Rice Pilaf Broccoli & Red Peppers	<b>26 Shredded Chicken Thigh</b> Macaroni & Cheese Brussel Sprouts	<b>27 Beef Goulash</b> Noodles Carrots	<b>28 Chimichurri Chicken</b> Plantains Green Beans	<b>29 Pancakes</b> <b>Turkey Sausage</b> Roasted Potatoes Blueberry Compote	<b>30 Chicken Stuffed with Broccoli &amp; Cheese</b> Roasted Potatoes Peas & 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 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 Tuesday 11/6, Election Day; Monday 11/12 in observance of Veteran's Day; and 11/22 & 11/23 in observance of Thanksgiving. No deliveries will be made on these days. Individuals who normally receive delivery on these days will receive a frozen meal prior to the holiday. If you have any questions, please call Meals on Wheels at 201-336-7420 between 8:00 am- 4:00 pm, Monday-Friday.**