

January 2019

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. 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.

Suggested Donation \$1.25 per Meal		Menu is subject to change without notice	1 Cheese Ravioli Italian Vegetables New Year's Day Closed	2 Chicken Strips in Basil Cream Sauce Penne Broccoli	3 Fish Sticks Corn Green Beans	4 BBQ Chicken Roasted Potatoes Carrots
5 Beef Goulash Noodles Carrots	6 Cheese Omelet Onions and Peppers Roasted Potatoes Pears	7 Shredded Spiced Chicken Thigh Macaroni & Cheese Brussel Sprouts	8 Beef Burger Diced Seasoned Potatoes Green Beans	9 Spaghetti & Meatballs with Tomato Sauce Italian Vegetables	10 Chicken in Mexican Mole Sauce Brown Rice Green Beans	11 Lemon Pepper Fish Red Roasted Potatoes Okra & Stewed Tomatoes
12 BBQ Beef Ribeye Sweet Potatoes Mixed Vegetables	13 Chicken Francese Brown Rice Green Beans	14 Philly Cheese Steak Caramelized Onions Broccoli	15 Chicken Stuffed with Broccoli & Cheese Roasted Potatoes Peas & Carrots	16 Seasoned Pork Brown Rice Oriental Vegetables	17 Shredded Chicken Thigh Mashed Potatoes Carrots	18 Baked Ziti with Tomato Sauce Cauliflower
19 Balsamic Glazed Chicken Roasted Potatoes Green Beans	20 Beef & Broccoli Lo Mein Noodles Oriental Vegetables	21 Crunchy Fish Sweet Potatoes Mixed Vegetables MLK Birthday Closed	22 Meatballs with Mushroom Gravy Noodles Broccoli	23 Chicken Marsala Rice Pilaf Brussel Sprouts	24 Pancakes with Turkey Sausage Roasted Potatoes Blueberry Compote	25 Vegetable Lasagna with Béchamel Sauce Zucchini and Stewed Tomatoes
26 Sweet Sausage Red Skin Potatoes Peppers & Onions	27 Shredded Chicken Thigh Mashed Potatoes Carrots	28 Manicotti with Tomato Sauce and Cheese Spinach	29 Chicken & Vegetable Dumplings Rice Pilaf Broccoli & Red Peppers	30 Turkey & Bean Chili Brown Rice Carrots	31 Crusted Fish Macaroni & Cheese Brussel Sprouts	1 Chicken Piccata Wild Rice Green Beans

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.

Closed Tuesday 1/1 New Year's Day and Monday 1/21 Martin Luther King's Birthday. 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.