

December 2019

Bergen County Meals on Wheels Program

Hot Meal Plan

Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
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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’ is an automated call to check that you are safe. The incoming call is made on the days and time that you specify. For information on this **free service**, please call 201-336-7400.

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. Menu is subject to change without notice

Suggested Donation \$1.25 per Meal

Donations are voluntary and confidential; no one is denied service if a donation is not provided.

Each meal is served with 1-slice of bread, fresh fruit, dessert, and your choice of skim or 2% milk.

30 Island Pollack Fish Quinoa Pilaf Okra & Stewed Tomatoes	1 Baked Ziti with Ricotta Cheese Cauliflower	2 Chicken Cordon Bleu Mashed Potatoes Spinach	3 Seasoned Pork Brown Rice Oriental Vegetables	4 Chicken Stew Roasted Potatoes Zucchini & Peas	5 Creole Breakfast Scramble Creamy Polenta Peppers	6 Chicken Cacciatore Penne Pasta Green Beans
7 Balsamic Chicken Roasted Potatoes Green Beans	8 Spaghetti & Meatballs Italian Vegetables	9 Crusted Fish Sweet Potatoes Mixed Vegetables	10 Chicken Marsala Rice Pilaf Brussel Sprouts	11 Turkey Bean Chili Brown Rice Carrots	12 Sweet Sausage Red Skin Potatoes Peppers & Onions	13 Vegetable Lasagna with Béchamel Zucchini & Stewed Tomatoes
14 Sweet & Sour Meatballs Brown Rice Oriental Vegetables	15 Chicken Parmesan Whole Grain Pasta Broccoli	16 Beef Ribeye Sweet Potatoes Mixed Vegetables	17 Chicken a La King Noodles Spinach	18 Beef Salsa Verde Mashed Potatoes Brussel Sprouts	19 Chicken Milanese Penne Italian Vegetables	20 Fall Vegetables & Bean Bowl Creamy Polenta Butternut Squash Spinach
21 Lemon Chicken Penne Broccoli	22 Autumn Vegetable & Bean Bowl Sweet Potatoes Okra	23 Fettuccini Alfredo Peas Carrots	24 Fish Sticks Corn Green Beans	25 Fresh Ham & Stuffing with Gravy Mashed Potatoes Spinach Christmas - Closed	26 Latin Beef Stew Yellow Rice Vegetable Blend	27 Jerk Chicken Plantains Green Beans
28 Seasoned Pork Sweet Potatoes Oriental Vegetables	29 Crusted Fish Macaroni & Cheese Brussel Sprouts	30 Meatloaf with Gravy Mashed Potatoes Carrots	31 Cheese Ravioli Italian Vegetables	1 Chicken & Vegetable Dumplings Rice Pilaf Broccoli & Red Peppers New Year's Day Closed	2 Beef Burgundy Fettuccini Asparagus	3 Chicken Strips in Basil Cream Sauce Penne 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 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 Wednesday, December 25th and January 1st. No deliveries will be made on these days. Individuals who normally receive delivery on Wednesday can 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.

