

August 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' 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.

3 Salisbury Steak Mashed Sweet Potatoes Broccoli	4 Seasoned Shredded Chicken Macaroni & Cheese Brussel Sprouts	5 Lemon Caper Fish Mashed Potatoes Spinach	6 Chicken & Vegetable Dumplings Brown Rice Broccoli with Red Peppers	7 Beef Goulash Noodles Carrots	8 Baked Ziti with Cheese Cauliflower	9 Chicken Milanese Pasta Mixed Vegetables
10 Mushroom Edamame Ragout Noodles Green Beans	11 Chicken Cordon Bleu Mashed Potatoes Spinach	12 Eggplant Parmesan Kale Carrots	13 Cheese Omelet Onions & Peppers Roasted Potatoes Pears	14 Chicken Picatta Wild Rice Green Beans	15 Beef & Broccoli Lo Mein Noodles Oriental Vegetables	16 Shredded Chicken Thigh Macaroni & Cheese Brussel Sprouts
17 BBQ Chicken Breast Mashed Sweet Potatoes Cauliflower	18 Meatballs with Mushroom Gravy Noodles Green Beans	19 Chicken Strips in Basil Cream Sauce Whole Grain Pasta Broccoli	20 Lemon Pepper Fish Rice Pilaf Mixed Vegetables	21 Honey Mustard Pork Roasted Potatoes Brussel Sprouts	22 Chicken Parmesan Whole Grain Pasta Broccoli	23 Sweet Sausage Red Skin Potatoes Peppers & Onions
24 Chicken Milanese Penne Italian Vegetables	25 Potato Crusted Fish Mashed Sweet Potatoes Mixed Vegetables	26 Spring Vegetable & Edamame Bowl Organic Quinoa Pilaf Blended Vegetables	27 Cheese Omelet with Peppers & Onions Red Roasted Diced Pears	28 Turkey Tetrizzini Noodles Broccoli	29 Meatloaf with Mushroom Gravy Mashed Potatoes Carrots	30 Chicken Francese Brown Rice Green Beans
31 Meatballs & Spaghetti Italian Vegetables	1 Latin Bean & Barley Bowl Blended Vegetables	2 Beef Hamburger Seasoned Diced Potatoes Green Beans Closed- Labor Day	3 Island Pollack Organic Quinoa Pilaf Okra & Stewed Tomatoes	4 Chicken with Country Cream Gravy Mashed Potatoes Collard Greens	5 Turkey Bean Chili Brown Rice Carrots	6 Braised Pork with Mango Salsa Mashed Sweet Potatoes Spinach

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 Monday 9/2 in observance of Labor 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. If you have any questions, please call Meals on Wheels at 201-336-7420 between 8:00 am- 4:00 pm, Monday-Friday.

