

**October 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.**

<b>28 Beef Stir Fry</b> Brown Rice Oriental Vegetables	<b>29 Chicken Parmesan</b> Pasta Broccoli	<b>30 Garlic &amp; Dill Crusted Fish</b> Mashed Potatoes Zucchini	<b>1 Cheese Ravioli</b> Italian Vegetables	<b>2 Fall Vegetable &amp; Bean Bowl</b> Creamy Polenta Butternut Squash Spinach	<b>3 Balsamic Chicken</b> Roasted Potatoes Green Beans	<b>4 Beef Chimichurri</b> Brown Rice Carrots
<b>5 Potato Crusted Fish</b> Whipped Yams Mixed Vegetables	<b>6 Chicken Milanese</b> Penne Italian Vegetables	<b>7 Meatloaf with Mushroom Gravy</b> Mashed Potatoes Carrots	<b>8 French Toast with Turkey Sausage</b> Roasted Potatoes Strawberry Compote	<b>9 Chicken Francaise</b> Brown Rice Green Beans	<b>10 Turkey Tetrazzini</b> Noodles Broccoli	<b>11 Spring Vegetables &amp; Edamame Bowl</b> Organic Quinoa Pilaf Vegetable Blend
<b>12 Organic Veggie Burger</b> Black Bean & Tomato Cauliflower	<b>13 Island Pollack Fish</b> Organic Quinoa Pilaf Okra & Stewed Tomatoes	<b>14 Eggplant Rollatini</b> Kale Carrots <b>Columbus Day Closed</b>	<b>15 Turkey Bean Chili</b> Brown Rice Carrots	<b>16 Braised Pork with Mango Salsa</b> Mashed Sweet Potatoes Spinach	<b>17 Latin Bean &amp; Barley Bowl</b> Vegetable Blend	<b>18 Chicken with Country Cream Gravy</b> Mashed Potatoes Collard Greens
<b>19 Fish Sticks</b> Corn Green Beans	<b>20 Beef Burgundy Fettuccini</b> Asparagus	<b>21 Italian Stuffed Shells</b> Italian Vegetables	<b>22 Chicken Cordon Bleu</b> Mashed Potatoes Spinach	<b>23 Beef Ribeye</b> Sweet Potatoes Mixed Vegetables	<b>24 Lemon Chicken</b> Penne Broccoli	<b>25 Creole Breakfast Scramble</b> Creamy Polenta Green Peppers
<b>26 General Tso Chicken</b> Rice Pilaf Oriental Vegetables	<b>27 Fettuccini Alfredo</b> Peas Carrots	<b>28 Mediterranean Ratatouille</b> Organic Quinoa Pilaf Vegetable Blend	<b>29 Beef in Red Wine Sauce</b> Roasted Potatoes Okra & Corn	<b>30 Chicken a La King</b> Noodles Spinach	<b>31 Sweet Italian Sausage</b> Red Skin Potatoes Peppers & Onions	<b>1 Asian Chicken &amp; Vegetable Dumplings</b> Brown Rice Broccoli with Red Peppers

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 10/14 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. If you have any questions, please call Meals on Wheels at 201-336-7420 between 8:00 am- 4:00 pm, Monday-Friday.**

