

January 2020

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.

28 Seasoned Pork Sweet Potatoes Oriental Vegetables	29 Crusted Fish Macaroni & Cheese Brussels Sprouts	30 Meatloaf with Gravy Mashed Potatoes Carrots	31 Cheese Ravioli Italian Vegetables	1 Chicken & Vegetable Dumplings Rice Pilaf Broccoli & Red Peppers Closed - New Year's Day	2 Beef Burgundy Fettuccini Asparagus	3 Chicken Strips in Basil Cream Sauce Penne Broccoli
4 Manicotti Spinach	5 General Tso's Chicken Rice Pilaf Oriental Vegetables	6 Beef Goulash Noodles Carrots	7 Chicken with Country Cream Gravy Mashed Potatoes Collard Greens	8 Harvest Blend Ratatouille Barley Brussels Sprouts	9 Turkey Tetrazzini Noodles Broccoli	10 Stuffed Chicken with Broccoli & Cheese Mashed Potatoes Spinach
11 Creole Breakfast Scramble Creamy Polenta Peppers	12 Seasoned Pork Brown Rice Oriental Vegetables	13 Chicken Cordon Bleu Mashed Potatoes Spinach	14 Baked Ziti with Ricotta Cheese Cauliflower	15 Chicken Stew Roasted Potatoes Zucchini & Peas	16 Island Pollack Fish Quinoa Pilaf Okra & Stewed Tomatoes	17 Chicken Cacciatore Penne Pasta Green Beans
18 Turkey Bean Chili Brown Rice Carrots	19 Meatballs Alfredo Noodles Broccoli	20 French Toast Turkey Sausage Roasted Potatoes Strawberries Closed Martin Luther King's Birthday	21 Spring Vegetable & Edamame Bowl Organic Quinoa Pilaf Blended Vegetables	22 Balsamic Chicken Roasted Potatoes Green Beans	23 Beef Salsa Verde Mashed Potatoes Brussel Sprouts	24 Cheese Lasagna Italian Vegetables
25 Fall Vegetables & Bean Bowl Creamy Polenta Butternut Squash Spinach	26 Meatballs with Mushroom Gravy Mashed Potatoes Carrots	27 Chicken Parmesan Whole Grain Pasta Broccoli	28 Fish Sticks Corn Green Beans	29 Sweet and Sour Meatballs Brown Rice Oriental Vegetables	30 Chicken Milanese Penne Italian Vegetables	31 Beef Ribeye Sweet Potatoes Mixed Vegetables

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, January 1st (New Year's Day) and Monday 1/20 (MLK Jr. Birthday). No deliveries will be made on these days. Individuals who normally receive delivery on these days 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.

