

March 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.

Suggested Donation \$1.25 per Meal Menu is subject to change without notice	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.	Menu is subject to change without notice
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2 Chicken Strips in Basil Sauce Whole Grain Pasta Broccoli	3 Organic Veggie Burger Black Bean & Tomato Cauliflower	4 Balsamic Chicken Roasted Potatoes Green Beans	5 Beef & Broccoli Lo Mein Noodles Oriental Vegetables	6 Lemon Pepper Fish Rice Pilaf Mixed Vegetables <i>Ash Wednesday</i>	7 Meatloaf with Gravy Mashed Potatoes Carrots	8 Manicotti with Tomato Sauce & Cheese Spinach
9 French Toast with Turkey Sausage Roasted Potatoes Strawberries	10 Beef Ribeye Sweet Potato Mixed Vegetables	11 Chicken & Vegetable Dumplings Brown Rice Broccoli with Red Peppers	12 White Bean Cassoulet Barley Salad Zucchini	13 Chicken Cordon Bleu Mashed Potatoes Spinach	14 Beef Goulash Noodles Carrots	15 Fish Sticks Corn Green Beans
16 Balsamic Chicken Pasta Green Beans	17 Corned Beef Boiled Potatoes Steamed Cabbage <i>St Patrick's Day</i>	18 Lemon Caper Fish Mashed Potatoes Spinach	19 Philly Cheese Steak Caramelized Onions Broccoli	20 Corned Beef Boiled Potatoes Steamed Cabbage	21 Chicken Marsala Rice Pilaf Brussel Sprouts	22 Cheese Lasagna with Tomato Sauce Italian Vegetables
23 Latin Beef Stew Yellow Rice Vegetable Blend	24 Chicken Milanese Pasta Mixed Vegetables	25 Sweet & Sour Meatballs Brown Rice Oriental Vegetables	26 Chicken Stew Roasted Potatoes Zucchini	27 Cheese Ravioli with Tomato Sauce & Cheese Italian Vegetables	28 Turkey & Bean Chili Brown Rice Carrots	29 Crusted Fish Macaroni & Cheese Brussel Sprouts
30 Honey Mustard Pork Roasted Potatoes Brussel Sprouts	31 Chicken Cacciatore Whole Grain Pasta Green Beans	1 Salisbury Steak Mashed Sweet Potatoes Broccoli <i>April Fool's Day</i>	2 Macaroni & Beef Casserole Brussel Sprouts	3 Chicken Breast a La King Rice Piaf Spinach	4 Eggplant Parmesan Kale Carrots	5 Lemon Pepper Fish Rice Pilaf 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.

March is National Nutrition Month. If you wish to speak with a Registered Dietitian at no charge, call 201-336-7403 and leave a detailed message.

Choose Right - Live Well: Consume fewer calories, Get daily exercise, Make informed food choices.