

December 2018

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.
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1 Crusted Fish Macaroni & Cheese Brussel Sprouts	2 Chicken Stew Roasted Potatoes Zucchini & Peas	3 Baked Ziti with Tomato Sauce and Cheese Cauliflower	4 Shredded Chicken Thigh Mashed Potatoes Carrots	5 Seasoned Pork Brown Rice Oriental Vegetables	6 Cheese Omelet Onions and Peppers Roasted Potatoes Pears	7 Chicken Cacciatore Penne Pasta Green Beans
8 Spaghetti & Meatballs with Tomato Sauce Italian Vegetables	9 Balsamic Glazed Chicken Roasted Potatoes Green Beans	10 Crusted Fish Sweet Potatoes Mixed Vegetables	11 Chicken Marsala Rice Pilaf Brussel Sprouts	12 Vegetarian Chili with Cheddar Cheese Broccoli	13 Chicken Cordon Bleu Mashed Potatoes Spinach	14 Vegetable Lasagna with Béchamel Sauce Zucchini and Stewed Tomatoes
15 Chicken Parmesan Whole Grain Pasta Broccoli	16 Sweet & Sour Meatballs Brown Rice Oriental Vegetables	17 BBQ Chicken Sweet Potatoes Cauliflower	18 Fish Sticks Corn Green Beans	19 Meatloaf with Gravy Mashed Potatoes Carrots	20 Shredded Seasoned Chicken Thigh Macaroni & Cheese Brussel Sprouts	21 Cheese Ravioli with Tomato Sauce and Mozzarella Italian Vegetables
22 French Toast with Turkey Sausage Roasted Potatoes Strawberries	23 Lemon Pepper Fish Roasted Potatoes Okra & Stewed Tomatoes	24 Fettuccini Alfredo Peas & Carrots	25 Fresh Ham with Gravy Stuffing Mashed Potatoes Spinach Christmas Day Closed	26 Homestyle Stuffed Sage Chicken Sweet Potatoes Green Beans	27 Latin Beef Stew Yellow Rice Blended Vegetables	28 Jerk Chicken Rice & Beans Collard Greens
29 Pork Sweet Potatoes Oriental Vegetables	30 Macaroni & Beef Casserole Brussel Sprouts	31 Chicken & Vegetable Dumplings Rice Pilaf Broccoli & 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 Tuesday 12/25, Christmas 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.