

# November 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>2 Beef Salsa Verde</b> Mashed Potatoes Brussel Sprouts	<b>3 Autumn Vegetable &amp; Bean Bowl</b> Sweet Potatoes Okra	<b>4 Cheese Lasagna Marinara</b> Italian Vegetables	<b>5 Sweet &amp; Sour Chicken</b> Brown Rice Oriental Vegetables <b>Election Day - Closed</b>	<b>6 Meatballs Alfredo</b> Noodles Broccoli	<b>7 Turkey Cacciatore</b> Rice Pilaf Peppers & Onions	<b>8 Jerk Chicken</b> Plantains Green Beans
<b>9 Beef Chimichurri</b> Brown Rice Carrots	<b>10 Balsamic Chicken</b> Roasted Potatoes Green Beans	<b>11 Fall Vegetable &amp; Bean Bowl</b> Creamy Polenta Butternut Squash Spinach <b>Veteran's Day Closed</b>	<b>12 Chicken Parmesan</b> Pasta Broccoli	<b>13 Beef Stir Fry</b> Brown Rice Oriental Vegetables	<b>14 Seasoned Pork with Gravy</b> Sweet Potatoes Broccoli	<b>15 Cheese Ravioli</b> Italian Vegetables
<b>16 Fluffy Pancakes with Turkey Sausage</b> Roasted Potatoes Blueberry Compote	<b>17 Potato Crusted Fish</b> Mashed Sweet Potatoes Mixed Vegetables	<b>18 Chicken Milanese</b> Penne Italian Vegetables	<b>19 Spring Vegetables &amp; Edamame Bowl</b> Organic Quinoa Pilaf Vegetable Blend	<b>20 Turkey Tetrazzini</b> Noodles Broccoli	<b>21 Meatloaf with Mushroom Gravy</b> Mashed Potatoes Carrots	<b>22 Chicken Francese</b> Brown Rice Green Beans
<b>23 Manicotti</b> Spinach	<b>24 General Tso's Chicken</b> Rice Pilaf Oriental Blend Vegetables	<b>25 Beef Goulash</b> Noodles Carrots	<b>26 Chicken with Country Cream Gravy</b> Mashed Potatoes Collard Greens	<b>27 Harvest Blend Ratatouille</b> Barley Brussels Sprouts	<b>28 Roast Turkey with Stuffing &amp; Gravy</b> Whipped Sweet Potatoes Green Beans <b>Closed Thanksgiving Day</b>	<b>29 Stuffed Chicken with Broccoli &amp; Cheese</b> <b>Mashed Potatoes Spinach</b> <b>Closed Day after Thanksgiving</b>

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, 11/5 (Election Day), Monday 11/11 (Veteran's Day), Thursday & Friday, 11/28-29 (Thanksgiving).**

**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.**

