

# May 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.

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 will be 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.

#### 1 Seasoned Pork

Sweet Potatoes  
Broccoli

#### 2 Balsamic Chicken

Pasta  
Green Beans

#### 3 Latin Beef Stew

Yellow Rice  
Vegetable Blend

**4 Crusted Fish**  
Macaroni & Cheese  
Brussel Sprouts

**5 Turkey & Bean Chili**  
Brown Rice  
Carrots  
*Cinco de Mayo*

**6 Cheese Omelet**  
Onions & Peppers  
Roasted Potatoes  
Pears

**7 Chicken Milanese**  
Pasta  
Mixed Vegetables

**8 Sweet & Sour Meatballs**  
Brown Rice  
Oriental Vegetables

**9 Cheese Ravioli with Tomato Sauce & Cheese**  
Italian Vegetables

**10 Chicken Stew**  
Roasted Potatoes  
Zucchini

**11 Chicken Breast a La King**  
Rice Piaf  
Spinach

**12 Honey Mustard Pork**  
Roasted Potatoes  
Brussel Sprouts  
*Mother's Day*

**13 Chicken Cacciatore**  
Whole Grain Pasta  
Green Beans

**14 Salisbury Steak**  
Mashed Sweet Potatoes  
Broccoli

**15 Eggplant Parmesan**  
Kale  
Carrots

**16 Lemon Pepper Fish**  
Rice Pilaf  
Mixed Vegetables

**17 Macaroni & Beef Casserole**  
Brussel Sprouts

**18 Whole Grain Deep Dish Cheese Pizza**  
Broccoli

**19 Beef Stir Fry**  
Brown Rice  
Oriental Vegetables

**20 Crusted Fish**  
Macaroni & Cheese  
Brussel Sprouts

**21 Fettuccini Alfredo**  
Peas  
Carrots

**22 Sweet Italian Sausage**  
Red Skin Potatoes  
Peppers & Onions

**23 Chicken Teriyaki**  
Brown Rice  
Oriental Vegetables

**24 Beef Burger**  
Diced Potatoes  
Green Beans

**25 Lemon Pepper Fish**  
Rice Pilaf  
Mixed Vegetables

**26 Chicken Strips in Basil Cream Sauce**  
Whole Grain Pasta  
Broccoli

**27 Beef Burger**  
Seasoned Diced Potatoes  
Green Beans  
**Memorial Day Closed**

**28 BBQ Chicken**  
Mashed Sweet Potatoes  
Cauliflower

**29 Honey Mustard Pork**  
Roasted Potatoes  
Brussel Sprouts

**30 Chicken Picatta**  
Wild Rice  
Green Beans

**31 Meatballs with Mushroom Gravy**  
Noodles  
Broccoli

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 5/27 in observance of Memorial 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.**

May is **Older Americans Month**. *Connect* with friends, family, and services that support participation; *Create* by engaging in activities that promote learning, health, and personal enrichment; *Contribute* time, talent, and life experience to benefit others.

