

February 2020

Bergen County Meals on Wheels Menu

Hot Meal Plan

Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
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**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.

1 Cheese, Peppers & Onions Omelet Red Roasted Potatoes Diced Pears	2 BBQ Meatballs Macaroni & Cheese Broccoli	3 Fettuccini Alfredo Peas Carrots	4 Seasoned Pork Sweet Potatoes Oriental Vegetables	5 Jerk Chicken Plantains Green Beans	6 Latin Beef Stew Yellow Rice Vegetable Blend	7 Lemon Pepper Fish Roasted Potatoes Okra & Stewed Tomatoes
8 Beef in Red Wine Sauce Roasted Potatoes Okra & Corn	9 Fish Sticks Corn Green Beans	10 Meatloaf with Gravy Mashed Potatoes Carrots	11 Cheese Ravioli Italian Vegetables	12 Chicken & Vegetable Dumplings Rice Pilaf Broccoli & Red Peppers	13 Beef Burgundy Fettuccini Asparagus	14 Chicken Strips in Basil Cream Sauce Penne Broccoli
15 Pancakes with Turkey Sausage Roasted Potatoes Blueberry Compote	16 Chicken with Country Cream Gravy Mashed Potatoes Collard Greens	17 Beef Goulash Noodles Carrots President's Day Closed	18 General Tso's Chicken Rice Pilaf Oriental Vegetables	19 Harvest Blend Ratatouille Barley Brussels Sprouts	20 Eggplant Rollatini Kale Carrots	21 Stuffed Broccoli & Cheese Chicken Roasted Potatoes Peas & Carrots
22 Beef Burger Seasoned Diced Potatoes Green Bean	23 Chicken Florentine Mashed Potatoes Carrots	24 Turkey Teriyaki Brown Rice Oriental Vegetables	25 Chicken Parmesan Whole Grain Pasta Broccoli	26 Crusted Fish Macaroni & Cheese Brussels Sprouts Ash Wednesday	27 Seasoned Pork Sweet Potatoes Oriental Vegetables	28 Spring Vegetable & Edamame Bowl Organic Quinoa Pilaf Blended Vegetables
29 Chicken Strips in Basil Cream Sauce Whole Grain Pasta Broccoli	1 Organic Veggie Burger Black Beans & Tomato Cauliflower	2 Balsamic Chicken Roasted Potatoes Green Beans	3 Beef & Broccoli Lo Mein Noodles Oriental Vegetables	4 Lemon Pepper Fish Rice Pilaf Mixed Vegetables	5 Meatloaf with Gravy Mashed Potatoes Carrots	6 Manicotti Spinach

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, 1/17 (President's Day). No deliveries will be made on this day. A frozen meal for President's Day will be delivered 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.

