


# April 2021

# Bergen County Meals on Wheels Menu

# Frozen Meal Plan

<p><b>Suggested Donation</b>  <b>\$1.25 per meal</b></p> <p>Donations are voluntary and confidential; no one is denied service if a donation is not provided.</p>	<p><b>Each entrée is served with 1-slice of bread, fresh fruit, dessert, and 2% milk.</b></p> <p>Menu subject to change without notice</p>	<p>Each meal provides 1/3 recommended Dietary Reference Intakes (DRIs) for older adults. The weekly average nutrient content of each meal is: &lt;10% Saturated Fat (≤8g), 15-20% Protein (&gt;32g), 50-55% Carbohydrate, 1000 mg or less Sodium. Salt and sugar are not added to any recipe.</p>
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-----7-Day Frozen Meal Pack -----

4/2-4/8	<p><b>Cheese Omelet with Onions &amp; Peppers</b>          Red Roasted Potatoes          Dices Pears    <b>Good Friday Closed</b></p>	<p><b>Meatloaf with Gravy</b>          Mashed Potatoes          Carrots</p>	<p><b>Turkey-Ham Steak with Pineapple Sauce</b>          Red Roasted Potatoes          Green Bean    </p>	<p><b>Beef &amp; Broccoli</b>          Lo Mein Noodles          Oriental Vegetables</p>	<p><b>Lemon Pepper Fish</b>          Rice Pilaf          Mixed Vegetables</p>	<p><b>Turkey Chili</b>          Roasted Sweet Potatoes          Brussel Sprouts</p>	<p><b>Fajita Chicken</b>          Spanish Rice          Peas</p>
4/9-4/15	<p><b>Crusted Fish</b>          Macaroni &amp; Cheese          Brussel Sprouts</p>	<p><b>Chicken Parmesan</b>          Whole Grain Pasta          Broccoli</p>	<p><b>Turkey Teriyaki</b>          Brown Rice          Oriental Blend Vegetables</p>	<p><b>Fall Vegetable &amp; Bean Bowl</b>          Creamy Polenta          Butternut Squash          Spinach  <i>Ramadan Begins</i></p>	<p><b>Beef Hamburger</b>          Diced Potatoes          Green Beans</p>	<p><b>Sweet Sausage</b>          Peppers &amp; Onions          Red Skin Potatoes</p>	<p><b>Chicken Florentine</b>          Mashed Potatoes          Carrots</p>
4/16-4/22	<p><b>Cheesy Cream of Chicken</b>          Rice          Asparagus  <i>Earth Day</i></p>	<p><b>Beef in Mushroom Gravy</b>          Roasted Potatoes          Carrots</p>	<p><b>French Toast with Turkey Sausage</b>          Roasted Potatoes          Strawberries</p>	<p><b>Chicken Mole</b>          Mashed Sweet Potatoes          Broccoli</p>	<p><b>Italian Meatballs with Cheese</b>          Club Roll          Italian Vegetables</p>	<p><b>Dill Crusted Fish</b>          Mashed Potatoes          Zucchini</p>	<p><b>Turkey Cacciatore</b>          Rice Pilaf          Onions &amp; Peppers</p>
4/23-4/29	<p><b>Philly Steak in Cheese Sauce</b>          Caramelized Onions          Broccoli</p>	<p><b>Cheese Lasagna</b>          Italian Vegetables</p>	<p><b>Balsamic Chicken</b>          Roasted Potatoes          Green Beans</p>	<p><b>Lemon Caper Fish</b>          Mashed Potatoes          Spinach</p>	<p><b>Chicken Marsala</b>          Rice Pilaf          Brussel Sprouts</p>	<p><b>Fettuccini Alfredo</b>          Peas          Carrots</p>	<p><b>Chicken Milanese</b>          Pasta          Mixed Vegetables</p>

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 call is made on the days and time that you specify. For information on this free service, please call 201-336-7400.

**Closed Good Friday, 4/2. No meals will be delivered on this date. Individuals, who normally receive delivery on Friday, can receive a 2-week supply on 3/26. Call Meals on Wheels at 201-336-7420 for information.**

*The Meals on Wheels Program provides home delivered meals and personal contact to confirm your safety. The driver cannot leave meals without speaking with you. To protect your health and safety, and that of our driver, drivers cannot enter your home. Please call the office at 201-336-7420 if you will not be home to accept your meals, or if you did not hear the driver and found an 'Attempted to Deliver' tag. If we do not hear from you, we will stop your meal delivery and may call the police to check that you are safe.*