

April 2024

Bergen County Meals on Wheels Menu

Frozen Meal Plan


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 one slice of bread, fresh fruit, dessert, and 2% milk.

Menu subject to change without notice.

Each meal provides 1/3 recommended Dietary Reference Intakes (DRIs) for older adults. The weekly average nutrient content of each meal is: <10% Saturated Fat ($\leq 8g$), 15-20% Protein ($> 32g$), 50-55% Carbohydrate, 1000 mg or less Sodium. Salt and sugar are not added to any recipe.

Delivery Date	Weekend 2-pack		Weekday 5-pack				
4/5-4/11	Turkey Teriyaki Brown Rice Oriental Vegetables	Organic Veggie Burger Black Bean and Tomato Cauliflower	Beef Hamburger Seasoned Diced Potatoes Green Beans	Crusted Fish Macaroni and Cheese Brussel Sprouts	Seasoned Pork Sweet Potatoes Oriental Vegetables	Chicken Parmesan Whole Grain Pasta Broccoli	Cheese Omelet with Onions and Peppers Red Roasted Potatoes Diced Pears
4/12-4/18	Cheesy Cream of Chicken Rice Asparagus	Beef in Mushroom Gravy Roasted Potatoes Carrots	Turkey Cacciatore Rice Pilaf Onions and Peppers	Cheese Lasagna with Tomato Sauce Italian Vegetables	Sweet Sausage Red Skin Potatoes Peppers and Onions <i>National Banana Day</i> 	Chicken and Vegetable Dumplings with Asian Sauce Broccoli and Red Peppers	Dill Crusted Fish Mashed Potatoes Zucchini
4/19-4/25	Turkey Enchilada Pasta Zucchini	Balsamic Chicken Roasted Potatoes Green Beans	Cheese Omelet with Onions and Peppers Red Roasted Peppers Diced Pears	Fettuccini Alfredo Peas Carrots	Beef Strips with Cheese Sauce Caramelized Onions Broccoli	French Toast with Turkey Sausage Roasted Potatoes Strawberries	Chicken Stuffed with Broccoli and Cheese Mashed Potatoes Spinach
4/26-5/2	Latin Beef Stew Yellow Rice Blended Vegetables	Protein Pasta Ala Vodka Zucchini	Sweet and Sour Meatballs Brown Rice Oriental Vegetables	Beef Salsa Verde Mashed Potatoes Brussel Sprouts	Cheese Ravioli with Tomato Sauce and Mozzarella Italian Vegetables	BBQ Chicken Sweet Mashed Potatoes Cauliflower	Island Pollack Quinoa Pilaf Okra and Stewed Tomatoes

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 201-336-7420 if you will not be home to accept your meal, or 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.

Residents who are homebound and live alone are encouraged to participate in the Bergen County Wellness Check Program. A call will be made on the days and time that the individual specifies to check that they are safe. For information on this free service, please call 201-336-7400.

