

# May 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				
5/3-5/9	<b>Falafel with Lemon Sauce</b> Quinoa Pilaf Spinach and Tomatoes	<b>Beef Salsa Verde</b> Mashed Potatoes Brussel Sprouts	<b>Fish Sticks</b> Corn Green Beans	<b>Eggplant Parmesan</b> Kale Carrots	<b>Chicken a La King</b> Rice Pilaf Spinach	<b>White Bean Cassoulet</b> Barley Salad Zucchini	<b>Salisbury Steak</b> Mashed Sweet Potatoes Broccoli
5/10-5/16	<b>Turkey Chili</b> Roasted Sweet Potatoes Brussel Sprouts	<b>Organic Veggie Burger</b> Black Bean and Tomato Cauliflower	<b>Fajita Chicken</b> Spanish Rice Peas	<b>Sweet Sausage</b> Red Skin Potatoes Peppers and Onions	<b>Lemon Peper Fish</b> Rice Pilaf Mixed Vegetables	<b>Meatloaf with Gravy</b> Mashed Potatoes Carrots	<b>Manicotti with Tomato Sauce and Cheese</b> Spinach
5/17-5/23	<b>Crusted Fish</b> Sweet Potatoes Mixed Vegetables	<b>Sweet and Sour Meatballs</b> Brown Rice Oriental Vegetables	<b>Beef Hamburger</b> Seasoned Diced Potatoes Green Beans	<b>Chicken Florentine</b> Mashed Potatoes Carrots	<b>Latin Beef Stew</b> Yellow Rice Blended Vegetables	<b>Cheesy Cream of Chicken</b> Rice Asparagus	<b>French Toast with Turkey Sausage</b> Roasted Potatoes Strawberries
5/24-5/30	<b>Chicken Strips in Basil Cream Sauce</b> Whole Grain Pasta Broccoli	<b>Protein Pasta Ala Vodka</b> Zucchini and Stewed Tomatoes	<b>BBQ Chicken</b> Mashed Sweet Potatoes Cauliflower	<b>Turkey Salsa Verde</b> Barley Carrots	<b>Honey Mustard Pork</b> Roasted Potatoes Brussel Sprouts	<b>Chicken Piccata</b> Wild Rice Green Beans	<b>Dill Crusted Fish</b> Mashed Potatoes Zucchini



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.