

April 2020

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 entrée is served with 1-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 (≤8g), 15-20% Protein (>32g), 50-55% Carbohydrate, 1000 mg or less Sodium. Salt and sugar are not added to any recipe.

Delivery Date	-----7-Day Frozen Meal Pack-----						
3/27-4/2	Eggplant Parmesan Kale Carrots	Chicken Cacciatore Whole Grain Pasta Green Beans	Salisbury Steak Mashed Sweet Potatoes Broccoli	Protein Pasta Primavera in White Sauce Asparagus Zucchini & Peppers	Chicken a La King Rice Pilaf Spinach	Macaroni & Beef Casserole Brussel Sprouts	Honey Mustard Pork Roasted Potatoes Brussel Sprouts
4/3-4/9	Fettuccini Alfredo Peas Carrots	Beef Burger Seasoned Diced Potatoes Green Beans	Fluffy Pancakes with Turkey Sausage Roasted Potatoes Blueberry Compote	Beef Stir Fry Brown Rice Oriental Vegetables	Chicken Parmesan Whole Grain Pasta Broccoli	Fall Vegetable & Bean Bowl Creamy Polenta Butternut Squash	Turkey Teriyaki Brown Rice Oriental Vegetables
4/10-4/16	Organic Veggie Burger Black Beans & Tomato Cauliflower <i>Good Friday Closed</i>	Creole Breakfast Scramble Creamy Polenta Peppers	Turkey Ham Steak with Pineapple Sauce Red Roasted Potatoes Green Beans <i>Easter</i>	Chicken Strips in Basil Cream Sauce Whole Grain Pasta Broccoli	Beef & Broccoli Lo Mein Noodles Oriental Vegetables	Meatloaf with Gravy Mashed Potatoes Carrots	Manicotti Marinara Spinach
4/17-4/23	White Bean Cassoulet Barley Salad Zucchini	Lemon Pepper Fish Rice Pilaf Mixed Vegetables	Beef Goulash Noodles Carrots	Whole Grain Spaghetti & Meatballs with Tomato Sauce Italian Vegetables	Chicken Cordon Bleu Mashed Potatoes Spinach	Beef Ribeye Sweet Potatoes Mixed Vegetables	Asian Chicken & Vegetable Dumplings Brown Rice Broccoli with Red Peppers
4/24-4/30	Chicken Marsala Rice Pilaf Brussel Sprouts	Cheese Lasagna Marinara Italian Vegetables	Beef Burgundy Fettuccini Asparagus	Dill Crusted Fish Mashed Potatoes Zucchini	Seasoned Pork with Gravy Sweet Potatoes Broccoli	Balsamic Chicken Roasted Potatoes Green Beans	Latin Beef Stew Yellow Rice Blended Vegetables

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 that you are safe. Failure to abide by the program rules may result in termination from the Meals on Wheels Program. Thank you for your cooperation.

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 4/10, Good Friday. No meals will be delivered on this date. Individuals who normally receive delivery on Friday, can receive 2-weeks supply on 4/3.

