

April 2020

Bergen County Meals on Wheels Menu

Hot Meal Plan

Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
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.

28 Honey Mustard Pork Roasted Potatoes Brussel Sprouts	29 Chicken Cacciatore Whole Grain Pasta Green Beans	30 Salisbury Steak Mashed Sweet Potatoes Broccoli	31 Protein Pasta Primavera in White Sauce Asparagus Zucchini & Peppers	1 Chicken a La King Rice Pilaf Spinach	2 Macaroni & Beef Casserole Brussel Sprouts	3 Eggplant Parmesan Kale Carrots
4 Turkey Teriyaki Brown Rice Oriental Vegetables	5 Beef Burger Seasoned Diced Potatoes Green Beans	6 Fluffy Pancakes with Turkey Sausage Roasted Potatoes Blueberry Compote	7 Beef Stir Fry Brown Rice Oriental Vegetables	8 Chicken Parmesan Whole Grain Pasta Broccoli	9 Fall Vegetable & Bean Bowl Creamy Polenta Butternut Squash	10 Fettuccini Alfredo Peas Carrots <i>Good Friday Closed</i>
11 Creole Breakfast Scramble Creamy Polenta Peppers	12 Turkey Ham Steak with Pineapple Sauce Red Roasted Potatoes Green Beans <i>Easter</i>	13 Organic Veggie Burger Black Beans & Tomato Cauliflower	14 Chicken Strips in Basil Cream Sauce Whole Grain Pasta Broccoli	15 Beef & Broccoli Lo Mein Noodles Oriental Vegetables	16 Meatloaf with Gravy Mashed Potatoes Carrots	17 Manicotti Marinara Spinach
18 White Bean Cassoulet Barley Salad Zucchini	19 Lemon Pepper Fish Rice Pilaf Mixed Vegetables	20 Chicken Cordon Bleu Mashed Potatoes Spinach	21 Meatballs with Tomato Sauce Whole Grain Spaghetti Italian Vegetables	22 Beef Ribeye Sweet Potatoes Mixed Vegetables	23 Beef Goulash Noodles Carrots	24 Asian Chicken & Vegetable Dumplings Brown Rice Broccoli with Red Peppers
25 Chicken Marsala Rice Pilaf Brussel Sprouts	26 Cheese Lasagna Marinara Italian Vegetables	27 Beef Burgundy Fettuccini Asparagus	28 Dill Crusted Fish Mashed Potatoes Zucchini	29 Seasoned Pork with Gravy Sweet Potatoes Broccoli	30 Balsamic Chicken Roasted Potatoes Green Beans	1 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 you are safe. Failure to abide by the program rules may result in termination from the program. Thank you for your cooperation.

Closed Good Friday, 4/10. No deliveries will be made on this day. A frozen meal 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.

