

May 2022

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 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	-----Weekend 2 Pack-----				-----Weekday 5 Pack-----			
4/30-5/6	Latin Beef Stew Yellow Rice Blended Mixed Vegetables	Protein Pasta Ala Vodka Zucchini	Sweet & Sour Meatballs Brown Rice Oriental Veggies	Beef Ribeye Sweet Potatoes Mixed Vegetables	Cheese Ravioli w/Tomato Sauce And Mozzarella Italian Vegetables	BBQ Chicken Mashed Sweet Potatoes Cauliflower	Island Pollack Organic Quinoa Pilaf Okra with Stewed Tomatoes	
5/7-5/13	Falafel With Lemon Sauce Quinoa Pilaf Spinach Tomatoes	Beef Salsa Verde Mashed Potatoes Brussel Sprouts	Salisbury Steak Mashed Sweet Potatoes Broccoli	Fish Sticks Sweet Yellow Corn Green Beans	Chicken a La King Rice Pilaf Spinach	White Bean Cassoulet Barley Salad Zucchini	Eggplant Parmesan Kale Carrots	
5/14-5/20	Fajita Chicken Spanish Rice Peas	Organic Veggie Burger Black Beans with Tomatoes And Cauliflower	Turkey Chili Roasted Sweet Potatoes Brussel Sprouts	Sweet Sausage Red Skin Potatoes Peppers & Onions	Lemon Pepper Fish Rice Pilaf Mixed Vegetables	Meatloaf w/ Gravy Mashed Potatoes Carrots	Manicotti With Cheese And Tomato Sauce Spinach	
5/21-5/27	Crusted Fish Sweet Potatoes Mixed Vegetables	Sweet & Sour Meatballs Brown Rice Oriental Veggies	Latin Beef Stew Yellow Rice Vegetable Blend	Beef Hamburger Seasoned Diced Potatoes Green Beans	Chicken Florentine Mashed Potatoes Carrots	French Toast With Turkey Sausage Roasted Potatoes Strawberries	Cheesy Cream Of Chicken Rice Asparagus	
5/28-6/3	Chicken Strips in a Basil Cream Sauce Whole Grain Pasta Broccoli	Turkey Salsa Verde Steamed Barley Steamed Carrots	BBQ Chicken Mashed Sweet Potatoes Cauliflower <i>Happy Memorial Day</i>	Protein Pasta Ala Vodka Zucchini & Stewed Tomatoes	Honey Mustard Sliced Pork Roasted Potatoes Brussel Sprouts	Chicken Piccata Wild Rice Green Beans	Dill Crusted Fish Mashed Potatoes Zucchini	

Closed Monday, 5/30 in celebration of Memorial Day. No meals will be delivered on 5/30. If your usual delivery day is Monday, you will receive double delivery on Monday, 5/23. Call Meals on Wheels at 201-336-7420 for information.

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.

During the COVID-19 crisis, meals received each week may not match the menu; however, the menu indicates the types of meals that may be expected. Thank you for your patience as we get through this together. Be safe.

**Each entrée is served with 1-slice of bread, fresh fruit, dessert, and 2% milk.
 Menu subject to change without notice**