

# March 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 (≤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				
3/1-3/7	<b>Cheesy Cream of Chicken</b> Rice Asparagus	<b>Beef in Mushroom Gravy</b> Roasted Potatoes Carrots	<b>Chicken and Vegetable Dumplings with Asian Sauce</b> Brown Rice Broccoli with Red Peppers	<b>Fettuccini Alfredo</b> Peas Carrots	<b>Chicken Stuffed Broccoli and Cheese</b> Mashed Potatoes Spinach	<b>Turkey Cacciatore</b> Rice Pilaf Onions and Peppers	<b>Dill Crusted Fish</b> Mashed Potatoes Zucchini
	2024 National Nutrition Month						
3/8-3/14	<b>Turkey Enchilada</b> Pasta Zucchini	<b>Balsamic Chicken</b> Roasted Potatoes Green Beans	<b>Cheese Ravioli with Tomato Sauce and Mozzarella</b> Italian Vegetables	<b>Cheese Omelet with Onions and Peppers</b> Red Roasted Potatoes Diced Pears	<b>Chicken Marsala</b> Rice Pilaf Brussel Sprouts  Registered Dietitian Nutritionist Day	<b>Latin Beef Stew</b> Yellow Rice Blended Vegetables	<b>Cheese Lasagna with Tomato Sauce</b> Italian Vegetables
3/15-3/21	<b>Protein Penne Ala Vodka</b> Zucchini	<b>Sweet and Sour Meatballs</b> Brown Rice Oriental Vegetables  Happy St. Patrick's Day!	<b>Corned Beef</b> Boiled Potatoes Steamed Cabbage	<b>Chicken Milanese</b> Pasta Mixed Vegetables	<b>Beef Salsa Verde</b> Mashed Potatoes Brussel Sprouts	<b>Fluffy Pancakes with Turkey Sausage</b> Roasted Potatoes Blueberry Compote	<b>Island Pollock</b> Quinoa Pilaf Okra and Stewed Tomatoes
3/22-3/28	<b>Falafel with Lemon Sauce</b> Quinoa Pilaf Spinach and Tomatoes	<b>Beef with Red Sauce</b> Roasted Potatoes Okra	<b>Chicken Francese</b> Brown Rice Green Beans	<b>Fish Sticks</b> Corn Green Beans	<b>Salisbury Steak</b> Mashed Sweet Potatoes Broccoli	<b>White Bean Cassoulet</b> Barley Salad Zucchini	<b>Eggplant Parmesan</b> Kale Carrots  Good Friday CLOSED
3/29-4/4	<b>Fajita Chicken</b> Spanish Rice Peas	<b>Turkey Ham Steak with Pineapple Sauce</b> Red Roasted Potatoes Green Beans  HAPPY Easter	<b>Beef and Broccoli</b> Lo Mein Noodles Oriental Vegetables	<b>Turkey Chili</b> Roasted Sweet Potatoes Brussel Sprouts	<b>Lemon Pepper Fish</b> Rice Pilaf Mixed Vegetables	<b>Meatloaf with Gravy</b> Mashed Potatoes Carrots	<b>Manicotti with Tomato Sauce and Cheese</b> Spinach

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.