

APRIL 2024

Bergen County Meals on Wheels Program

Hot Meal Plan

Suggested Donation
\$1.25 per Meal

Donations are voluntary and confidential; no one is denied service if donation is not provided.

Each meal is served with one slice of bread, fresh fruit, dessert, and 2% milk.

Menu is subject to change without notice.

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.

Weekend - two meals delivered Frozen on Friday

Saturday

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday



1 Beef and Broccoli
 Lo Mein Noodles
 Oriental Blend
 Vegetables

2 Turkey Chili
 Roasted Sweet
 Potatoes
 Brussels Sprouts

**3 Lemon Pepper
 Fish**
 Rice Pilaf
 Mixed Vegetables

**4 Meatloaf with
 Gravy**
 Mashed Potatoes
 Carrots

**5 Manicotti with
 Tomato Sauce and
 Cheese**
 Spinach

6 Turkey Teriyaki
 Brown Rice
 Oriental Blend
 Vegetables

**7 Organic Veggie
 Burger**
 Black Bean &
 Tomato
 Cauliflower

8 Beef Hamburger
 Seasoned Diced
 Potatoes
 Green Beans

9 Crusted Fish
 Macaroni and
 Cheese
 Brussel Sprouts

10 Seasoned Pork
 Sweet Potatoes
 Oriental Blend
 Vegetables

**11 Chicken
 Parmesan**
 Whole Grain Pasta
 Broccoli

**12 Cheese Omelet
 topped with Onions
 and Peppers**
 Red Roasted
 Potatoes
 Diced Pears


**13 Cheesy Cream of
 Chicken**
 Rice
 Asparagus

**14 Beef in
 Mushroom Gravy**
 Roasted Potatoes
 Carrots

**15 Turkey
 Cacciatore**
 Rice Pilaf
 Onions and Peppers

**16 Cheese Lasagna
 with Tomato Sauce**
 Italian Vegetables

17 Sweet Sausage
 Red Skin Potatoes
 Peppers and Onions

*National
 Banana* 

**18 Chicken and
 Vegetable Dumpling
 with Asian Sauce**
 Brown Rice
 Broccoli with Red
 Peppers

19 Dill Crusted Fish
 Mashed Potatoes
 Zucchini

20 Turkey Enchilada
 Pasta
 Zucchini

**21 Balsamic
 Chicken**
 Roasted Potatoes
 Green Beans

**22 Cheese Omelet
 Topped with Onions
 and Peppers**
 Red Roasted
 Potatoes
 Diced Pears

23 Fettuccini Alfredo
 Peas
 Carrots

**24 Beef Strips with
 Cheese Sauce**
 Caramelized Onions
 Broccoli

**25 French Toast
 with Turkey Sausage**
 Roasted Potatoes
 Strawberries

**26 Chicken Stuffed
 Broccoli with Cheese**
 Mashed Potatoes
 Spinach

27 Latin Beef Stew
 Yellow Rice
 Blended Vegetables

**28 Protein Pasta Ala
 Vodka**
 Zucchini

**29 Sweet & Sour
 Meatballs**
 Brown Rice
 Oriental Blend
 Vegetables

30 Beef Salsa Verde
 Mashed Potatoes
 Brussel Sprouts



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 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.