



# April 2025

# Bergen County Meals on Wheels Program

# Hot Meal Plan

<b>Suggested Donation</b> <b>\$1.25 per Meal</b> <i>Donations are voluntary and confidential; no one is denied service if donation is not provided.</i>		<b>Each meal is served with one slice of bread, fresh fruit, dessert, and 2% milk.</b> <i>Menu is subject to change without notice.</i>		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.		
<b>Weekend – two meals delivered Frozen on Friday</b>		<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<b>Saturday</b>	<b>Sunday</b>					
 			<b>1 Turkey Chili</b> Roasted Sweet Potatoes Brussel Sprouts	<b>2 Lemon Pepper Fish</b> Rice Pilaf Mixed Vegetables	<b>3 Manicotti with Tomato Sauce and Cheese</b> Spinach	<b>4 Meatloaf with Gravy</b> Mashed Potatoes Carrots
<b>5 Turkey Teriyaki</b> Brown Rice Oriental Vegetables	<b>6 Organic Veggie Burger</b> Black Beans and Tomato Cauliflower	<b>7 Beef Hamburger</b> Seasoned Diced Potatoes Green Beans	<b>8 Crusted Fish</b> Macaroni and Cheese Brussel Sprouts	<b>9 Seasoned Pork</b> Sweet Potatoes Oriental Vegetables	<b>10 Chicken Parmesan</b> Pasta Broccoli	<b>11 Cheese Omelet with Onions and Peppers</b> Red Roasted Potatoes Diced Pears
<b>12 Cheesy Cream of Chicken</b> Rice Asparagus	<b>13 Turkey Cacciatore</b> Rice Pilaf Onions and Peppers	<b>14 Beef in Mushroom Gravy</b> Roasted Potatoes Carrots	<b>15 Cheese Lasagna with Tomato Sauce</b> Italian Vegetables	<b>16 Sweet Sausage</b> Red Skin Potatoes Peppers and Onions	<b>17 Chicken and Vegetable Dumpling with Asian Sauce</b> Brown Rice Broccoli with Red Peppers	<b>18 Dill Crusted Fish</b> Mashed Potatoes Zucchini 
<b>19 Turkey Enchilada</b> Pasta Zucchini	<b>20 Turkey-Ham Steak with Pineapple Sauce</b> Red Roasted Potatoes Green Beans	<b>21 Fettuccini Alfredo</b> Peas Carrots	<b>22 Cheese Omelet with Onions and Peppers</b> Red Roasted Potatoes Diced Pears	<b>23 Beef Strips with Cheese Sauce</b> Caramelized Onions Broccoli	<b>24 Latin Beef Stew</b> Yellow Rice Blended Vegetables	<b>25 Broccoli Stuffed Chicken and Cheese</b> Mashed Potatoes Spinach
<b>26 Protein Pasta A La Vodka</b> Zucchini	<b>27 French Toast with Turkey Sausage</b> Roasted Potatoes Strawberries	<b>28 Sweet and Sour Meatballs</b> Brown Rice Oriental Vegetables	<b>29 Beef Salsa Verde</b> Mashed Potatoes Brussel Sprouts	<b>30 Cheese Ravioli with Tomato Sauce and Mozzarella</b> Italian 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 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.