

April 2025

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			
4/1-4/3	 			Turkey Chili Roasted Sweet Potatoes Brussel Sprouts	Lemon Pepper Fish Rice Pilaf Mixed Vegetables	Manicotti with Tomato Sauce and Cheese Spinach	Meatloaf with Gravy Mashed Potatoes Carrots
4/4-4/10	Turkey Teriyaki Brown Rice Oriental Vegetables	Organic Veggie Burger Black Beans and Tomato Cauliflower	Beef Hamburger Seasoned Diced Potatoes Green Beans	Crusted Fish Macaroni and Cheese Brussel Sprouts	Seasoned Pork Sweet Potatoes Peppers and Onions	Chicken Parmesan Pasta Broccoli	Cheese Omelet with Onions and Peppers Red Roasted Potatoes Diced Pears
4/11-4/17	Cheesy Cream of Chicken Rice Asparagus	Turkey Cacciatore Rice Pilaf Onions and Peppers	Beef in Mushroom Gravy Roasted Potatoes Carrots	Cheese Lasagna with Tomato Sauce Italian Vegetables	Sweet Sausage Red Skin Potatoes Peppers and Onions	Chicken and Vegetable Dumplings with Asian Sauce Brown Rice Broccoli with Red Peppers	Dill Crusted Fish Mashed Potatoes Zucchini 
4/18-4/24	Turkey Enchilada Pasta Zucchini	Turkey-Ham Steak with Pineapple Sauce Red Roasted Potatoes Green Beans	Fettuccini Alfredo Peas Carrots	Cheese Omelet with Onions and Peppers Red Roasted Potatoes Diced Pears	Beef Strips with Cheese Sauce Caramelized Onions Broccoli	Latin Beef Stew Yellow Rice Blended Vegetables	Broccoli Stuffed Chicken and Cheese Mashed Potatoes Spinach
4/25-4/30	Protein Pasta A La Vodka Zucchini	French Toast with Turkey Sausage Roasted Potatoes Strawberries	Sweet and Sour Meatballs Brown Rice Oriental Vegetables	Beef Salsa Verde Mashed Potatoes Brussel Sprouts	Cheese Ravioli with Tomato Sauce and Mozzarella 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 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.