

MAY 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 Cheese Ravioli with Tomato Sauce and Mozzarella
 Italian Vegetables

2 BBQ Chicken
 Mashed Sweet Potatoes
 Cauliflower

3 Island Pollock
 Quinoa Pilaf
 Okra & Stewed Tomatoes

4 Falafel with Lemon Sauce
 Quinoa Pilaf
 Spinach and Tomatoes

5 Beef Salsa Verde
 Mashed Potatoes
 Brussel Sprouts

6 Fish Sticks
 Corn
 Green Beans

7 Eggplant Parmesan
 Kale
 Carrots

8 Chicken a La King
 Rice Pilaf
 Spinach

9 White Bean Cassoulet
 Barley Salad
 Zucchini

10 Salisbury Steak
 Mashed Sweet Potatoes
 Broccoli

11 Turkey Chili
 Roasted Sweet Potatoes
 Brussel Sprouts

12 Organic Veggie Burger
 Black Bean and Tomato
 Cauliflower

13 Fajita Chicken
 Spanish Rice
 Peas

14 Sweet Sausage
 Red Skin Potatoes
 Peppers and Onions

15 Lemon Pepper Fish
 Rice Pilaf
 Mixed Vegetables

16 Meatloaf with Gravy
 Mashed Potatoes
 Carrots

17 Manicotti with Tomato Sauce and Cheese
 Spinach

18 Crusted Fish
 Sweet Potatoes
 Mixed Vegetables

19 Sweet and Sour Meatballs
 Brown Rice
 Oriental Vegetables

20 Beef Hamburger
 Seasoned Diced Potatoes
 Green Beans

21 Chicken Florentine
 Mashed Potatoes
 Carrots

22 Latin Beef Stew
 Yellow Rice
 Blended Vegetables

23 Cheesy Cream of Chicken
 Rice
 Asparagus

24 French Toast with Turkey Sausage
 Roasted Potatoes
 Strawberries

25 Chicken Strips in Basil Cream Sauce
 Whole Grain Pasta
 Broccoli

26 Protein Pasta Ala Vodka
 Zucchini and Stewed Tomatoes

27 BBQ Chicken
 Mashed Sweet Potatoes
 Cauliflower

28 Turkey Salsa Verde
 Barley
 Carrots

29 Honey Mustard Pork
 Roasted Potatoes
 Brussel Sprouts

30 Chicken Piccata
 Wild Rice
 Green Beans

31 Dill Crusted Fish
 Mashed Potatoes
 Zucchini



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.