

# June 2025

## 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 1% 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**

**31 Seasoned Shredded Chicken**  
Macaroni and Cheese  
Brussel Sprouts

**1 Penne with Meat Sauce and Cheese**  
Italian Blend Vegetables

**2 Fish Sticks with Creole Sauce**  
Black Beans  
Broccoli

**3 Turkey Chili**  
Roasted Sweet Potatoes  
Brussel Sprouts

**4 Chicken Breast with Chicken Gravy**  
Mashed Potatoes  
Spinach

**5 Vegetable Lasagna with Bechamel Sauce**  
Zucchini and Stewed Tomatoes

**6 Cheese Omelet**  
Onions and Peppers  
Roasted Potatoes  
Pears

**7 Lemon Chicken**  
Pasta  
Broccoli

**8 Fish Sticks**  
Corn  
Green Beans

**9 Beef Stir Fry**  
Brown Rice  
Oriental Blend Vegetables

**10 Meatloaf with Mushroom Gravy**  
Mashed Potatoes  
Carrots

**11 Stuffed Shells with Tomato Sauce and Cheese**  
Italian Blend Vegetables

**12 Honey Roasted Pork**  
Roasted Potatoes  
Brussel Sprouts

**13 Chicken Milanese**  
Pasta  
Mixed Vegetables

**14 Beef Goulash**  
Noodles  
Carrots

**15 Balsamic Chicken**  
Roasted Potatoes  
Green Beans

**16 Baked Ziti with Tomato Sauce and Cheese**  
Cauliflower

**17 Lemon Caper Fish**  
Mashed Potatoes  
Spinach

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

**19 Salisbury Steak**  
Mashed Sweet Potatoes  
Broccoli

**20 White Bean Cassoulet**  
Barley Salad  
Zucchini

**21 Beef and Broccoli**  
Lo Mein Noodles  
Oriental Vegetables

**22 Fluffy Pancakes with Turkey Sausage**  
Roasted Potatoes  
Blueberry Compote

**23 Fajita Chicken**  
Spanish Rice  
Peppers and Peas

**24 Mushroom Edamame Ragout**  
Noodles  
Green Beans

**25 Chicken Parmesan**  
Pasta  
Broccoli

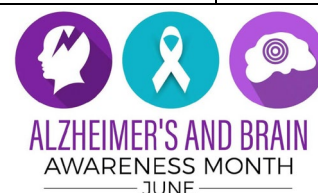
**26 Sweet Sausage**  
Red Skin Potatoes  
Peppers and Onions

**27 Caribbean Pineapple Chicken**  
Rice  
Blended Vegetables

**28 Waffles with Turkey Sausage**  
Sweet Potato Hash  
Strawberry Sauce

**29 Chicken Piccata**  
Wild Rice  
Green Beans

**30 Turkey Teriyaki**  
Brown Rice  
Oriental 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.