

# July 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**

**JULY**

16<sup>th</sup> – National Fresh Spinach Day

21<sup>st</sup> – National Ice Cream Day

31<sup>st</sup> – National Avocado Day



**1 Chicken Strips in Basil Cream Sauce**  
Pasta  
Broccoli

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

**3 Falafel with Lemon Sauce**  
Quinoa Pilaf  
Spinach and Tomatoes

**4 Beef Hamburger**  
Seasoned Diced Potatoes  
Green Beans



**5 Crusted Fish**  
Sweet Potatoes  
Mixed Vegetables

**6 White Bean Cassoulet**  
Barley Salad  
Zucchini

**7 Honey Mustard Pork**  
Roasted Potatoes  
Brussel Sprouts

**8 Island Pollock**  
Quinoa Pilaf  
Okra and Stewed Tomatoes

**9 Chicken Florentine**  
Mashed Potatoes  
Carrots

**10 Cheesy Cream of Chicken**  
Rice  
Asparagus

**11 Sweet and Sour Meatballs**  
Brown Rice  
Oriental Vegetables

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

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

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

**15 Turkey Teriyaki**  
Brown Rice  
Oriental Vegetables

**16 Chicken Sofrito**  
Pasta  
Spinach

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

**18 Balsamic Chicken**  
Roasted Potatoes  
Green Beans

**19 Fish Sticks**  
Corn  
Green Beans

**20 Lemon Chicken**  
Pasta  
Broccoli

**21 Beef Stir Fry**  
Brown Rice  
Oriental Vegetables

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

**23 Chicken Marsala**  
Rice Pilaf  
Brussel Sprouts

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

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

**26 Beef Goulash**  
Noodles  
Carrots

**27 Chicken Milanese**  
Pasta  
Mixed Vegetables

**28 Lemon Caper Fish**  
Mashed Potatoes  
Spinach

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

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

**31 Salisbury Steak**  
Mashed Sweet Potatoes  
Broccoli



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.