

July 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 1% 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

6/27-7/3

JULY

16th – National Fresh Spinach Day

21st – National Ice Cream Day

31st – National Avocado Day



Chicken Strips in Basil Cream Sauce
Pasta
Broccoli

Lemon Pepper Fish
Rice Pilaf
Mixed Vegetables

Falafel with Lemon Sauce
Quinoa Pilaf
Spinach and Tomatoes

Beef Hamburger
Seasoned Diced Potatoes
Green Beans



7/4-7/10

Crusted Fish
Sweet Potatoes
Mixed Vegetables

White Bean Cassoulet
Barley Salad
Zucchini

Honey Mustard Pork
Roasted Potatoes
Brussel Sprouts

Island Pollock
Quinoa Pilaf
Okra and Stewed Tomatoes

Chicken Florentine
Mashed Potatoes
Carrots

Cheesy Cream of Chicken
Rice
Asparagus

Sweet and Sour Meatballs
Brown Rice
Oriental Vegetables

7/11-7/17

Chicken Breast with Chicken Gravy
Mashed Potatoes
Spinach

Vegetable Lasagna with Bechamel Sauce
Zucchini and Stewed Tomatoes

French Toast with Turkey Sausage
Roasted Potatoes
Strawberries

Turkey Teriyaki
Brown Rice
Oriental Vegetables

Chicken Sofrito
Pasta
Spinach

Penne with Meat Sauce and Cheese
Italian Blend
Vegetables

Balsamic Chicken
Roasted Potatoes
Green Beans

7/18-7/24

Fish Sticks
Corn
Green Beans

Lemon Chicken
Pasta
Broccoli

Beef Stir Fry
Brown Rice
Oriental Vegetables

Cheese Omelet
Onions and Peppers
Roasted Potatoes
Pears

Chicken Marsala
Rice Pilaf
Brussel Sprouts

Meatloaf with Mushroom Gravy
Mashed Potatoes
Carrots

Stuffed Shells with Tomato Sauce and Cheese
Italian Blend
Vegetables

7/25-7/31

Beef Goulash
Noodles
Carrots

Chicken Milanese
Pasta
Mixed Vegetables

Lemon Caper Fish
Mashed Potatoes
Spinach

Baked Ziti with Tomato Sauce and Cheese
Cauliflower

Chicken and Vegetable Dumpling with Asian Sauce
Brown Rice
Red Peppers

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 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.