

September 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				
8/29-9/4			Beef Hamburger Seasoned Diced Potatoes	White Bean Cassoulet Barley Salad Zucchini	French Toast with Turkey Sausage Roasted Potatoes Strawberries	Cheesy Cream of Chicken Rice Asparagus	Cheese Ravioli with Tomato Sauce and Mozzarella Italian Vegetables
9/5-9/11	Beef Strips with Cheese Sauce Caramelized Onions Broccoli	Meatloaf with Mushroom Gravy Mashed Potatoes Carrots	Chicken and Vegetable Dumpling with Asian Sauce Brown Rice Broccoli with Red Peppers	Balsamic Chicken Roasted Potatoes Green Beans	Turkey Enchiladas Pasta Zucchini	Waffles with Turkey Sausage Sweet Potato Hash Strawberry Sauce	Beef Salsa Verde Mashed Potatoes Brussel Sprouts
9/12-9/18	Fettuccini Alfredo Peas and Carrots	Chicken A La King Rice Pilaf Spinach	Baked Ziti with Tomato Sauce and Cheese Pasta Cauliflower	Salisbury Steak Mashed Sweet Potatoes Broccoli	Lemon Caper Fish Mashed Potatoes Spinach	Beef Goulash Noodles Carrots	Chicken Milanese Pasta Mixed Vegetables
9/19-9/25	Beef and Broccoli Lo Mein Noodles Oriental Vegetables	Braised Pork with Mango Salsa Mashed Sweet Potatoes Spinach	Fajita Chicken Spanish Rice Peppers and Peas	Mushroom Edamame Ragout Noodles Green Beans	Chicken Strips in Basil Pesto Cream Sauce Penne Broccoli	Sweet Sausage Red Skin Potatoes Peppers and Onions	Sweet and Sour Meatballs Brown Rice Oriental Vegetables
9/26-9/30	Island Pollock Quinoa Pilaf Okra and Stewed Tomatoes	Chicken Francese Brown Rice Green Beans	Honey Roasted Pork Roasted Potatoes Brussel Sprouts	Meatball Alfredo Noodles 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.