

September 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.

The 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 Beef Hamburger
Seasoned Diced Potatoes
Green Beans

2 White Bean Cassoulet
Barley Salad
Zucchini

3 French Toast with Turkey Sausage
Roasted Potatoes
Strawberries

4 Cheesy Cream of Chicken
Rice
Asparagus

5 Cheese Ravioli with Tomato Sauce and Mozzarella
Italian Vegetables

6 Beef Strips with Cheese Sauce
Caramelized Onions
Broccoli

7 Meatloaf with Mushroom Gravy
Mashed Potatoes
Carrots

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

9 Balsamic Chicken
Roasted Potatoes
Green Beans

10 Turkey Enchiladas
Pasta
Zucchini

11 Waffles with Turkey Sausage
Sweet Potato Hash
Strawberry Sauce

12 Beef Salsa Verde
Mashed Potatoes
Brussel Sprouts

13 Fettuccini Alfredo
Peas and Carrots

14 Chicken A La King
Rice Pilaf
Spinach

15 Baked Ziti with Tomato Sauce and Cheese
Pasta
Cauliflower

16 Salisbury Steak
Mashed Sweet Potatoes
Broccoli

17 Lemon Caper Fish
Mashed Potatoes
Spinach

18 Beef Goulash
Noodles
Carrots

19 Chicken Milanese
Pasta
Mixed Vegetables

20 Beef and Broccoli
Lo Mein Noodles
Oriental Vegetables

21 Braised Pork with Mango Salsa
Mashed Sweet Potatoes
Spinach

22 Fajita Chicken
Spanish Rice
Peppers and Peas

23 Mushroom Edamame Ragout
Noodles
Green Beans

24 Chicken Strips in Basil Pesto Cream Sauce
Penne
Broccoli

25 Sweet Sausage
Red Skin Potatoes
Peppers and Onions

26 Sweet and Sour Meatballs
Brown Rice
Oriental Vegetables

27 Island Pollock
Quinoa Pilaf
Okra and Stewed Tomatoes

28 Chicken Francese
Brown Rice
Green Beans

29 Honey Roasted Pork
Roasted Potatoes
Brussel Sprouts

30 Meatball Alfredo
Noodles
Broccoli



NATIONAL FRUITS AND VEGETABLES MONTH

— SEPTEMBER IS —
HEALTHY AGING
— MONTH —

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.