

# October 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**

**October is...**

National Apple Month  
National Pretzel Month  
National Pumpkin Month



**1 Beef with Red Sauce**  
Roasted Potatoes  
Okra

**2 Turkey Cacciatore**  
White Rice  
Peppers and Onions

**3 Protein Penne A La Vodka**  
Zucchini

**4 Beef in Mushroom Gravy**  
Roasted Potatoes  
Carrots

**5 Lemon Chicken**  
Penne  
Broccoli

**6 Fish Sticks**  
Corn  
Green Beans

**7 Cheese Omelet with Onions and Peppers**  
Red Roasted Potatoes  
Diced Pears

**8 Chicken Marsala**  
Rice Pilaf  
Brussel Sprouts

**9 Philly Steak in Cheese Sauce**  
Broccoli

**10 Turkey Teriyaki**  
Brown Rice  
Oriental Blend Vegetables

**11 Turkey Tetrazzini**  
Noodles  
Broccoli

**12 Chicken in Gochujang Style Sauce**  
White Rice  
Stir Fried Zucchini

**13 Beef Burgundy**  
Fettuccini  
Asparagus



**14 White Bean Cassoulet**  
Barley Salad  
Zucchini

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

**16 Cheesy Cream of Chicken**  
Rice  
Asparagus

**17 Cheese Ravioli with Tomato Sauce and Mozzarella**  
Italian Vegetables

**18 Beef Strips with Cheese Sauce**  
Caramelized Onions  
Broccoli

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

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

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

**22 Turkey Enchilada**  
Pasta  
Zucchini

**23 Balsamic Chicken**  
Roasted Potatoes  
Green Beans

**24 Beef Salsa Verde**  
Mashed Potatoes  
Brussel Sprouts

**25 Fettuccini Alfredo**  
Peas and Carrots

**26 Chicken A La King**  
Rice Pilaf  
Spinach

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

**28 Salisbury Steak**  
Mashed Sweet Potatoes  
Broccoli

**29 Lemon Caper Fish**  
Mashed Potatoes  
Spinach

**30 Beef Goulash**  
Noodles  
Carrots

**31 Chicken Milanese**  
Pasta  
Mixed 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.