

October 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

9/26-10/2

October is...
National Apple Month
National Pretzel Month
National Pumpkin Month



Beef with Red Sauce
Roasted Potatoes
Okra

Turkey Cacciatore
White Rice
Peppers and Onions

Protein Penne A La Vodka
Zucchini

10/3-10/9

Beef in Mushroom Sauce
Roasted Potatoes
Carrots

Lemon Chicken
Penne
Broccoli

Fish Sticks
Corn
Green Beans

Cheese Omelet with Onions and Peppers
Red Roasted Potatoes
Diced Pears

Chicken Marsala
Rice Pilaf
Brussel Sprouts

Philly Steak in Cheese Sauce
Broccoli

Turkey Teriyaki
Brown Rice
Oriental Blend Vegetables

10/10-10/16

Turkey Tetrazzini
Noodles
Broccoli

Chicken in Gochujang Style Sauce
White Rice
Stir Fried Zucchini

Beef Burgundy
Fettuccini
Asparagus



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

10/17-10/23

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

Waffles with Turkey Sausage
Sweet Potato Hash
Strawberry Sauce

Turkey Enchilada
Pasta
Zucchini

Balsamic Chicken
Roasted Potatoes
Green Beans

Beef Salsa Verde
Mashed Potatoes
Brussel Sprouts

10/24-10/31

Fettuccini Alfredo
Peas and Carrots

Chicken A La King
Rice Pilaf
Spinach

Baked Ziti with Tomato Sauce and Cheese
Cauliflower

Salisbury Steak
Mashed Sweet Potatoes
Broccoli

Lemon Caper Fish
Mashed Potatoes
Spinach

Beef Goulash
Noodles
Carrots

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 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.