

January 2026

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



3 Chicken Piccata
Wild Rice
Green Beans

4 Manicotti with Tomato Sauce and Cheese
Spinach

5 Chicken Florentine
Mashed Potatoes
Carrots

6 Beef Stew
Rice Pilaf
Blended Vegetables

7 Turkey Tetrazzini
Noodles
Broccoli

8 Waffles with Turkey Sausage
Sweet Potato Hash
Strawberry Sauce

9 Cheese Ravioli with Tomato Sauce and Mozzarella
Italian Vegetables

10 Meatballs with Tomato Sauce
Spaghetti
Italian Blend Vegetables

11 Dill Crusted Fish
Mashed Potatoes
Zucchini

12 Scrambled Egg and Edamame
Brown Fried Rice
Kimchi and Oriental Blend Vegetables

13 Harvest Blend
Ratatouille
Barley
Brussel Sprouts

14 French Toast with Turkey Sausage
Roasted Potatoes
Strawberries

15 Chicken Parmesan
Pasta
Broccoli

16 Sweet and Sour Beef Meatballs
Rice Pilaf
Oriental Vegetables

17 Chicken in Gochujang Style Sauce
White Rice
Stir Fried Zucchini

18 Turkey Chili
Sweet Potatoes
Brussel Sprouts

19 Eggplant Parmesan
Kale
Carrots


20 Caribbean Pineapple Chicken
Rice
Blended Vegetables

21 Seasoned Pork
Mashed Sweet Potatoes
Oriental Vegetables

22 Vegetable Lasagna with Bechamel Sauce
Zucchini and Stewed Tomatoes

23 Chicken with Broccoli and Cheese
Mashed Potatoes
Spinach

24 Fettuccini Alfredo
Peas
Carrots

25 Chicken with Country Gravy
Mashed Potatoes
Collard Greens

26 Manicotti with Tomato Sauce and Cheese
Spinach

27 Balsamic Chicken
Roasted Potatoes
Green Beans

28 Vegetarian Chili
Brown Rice
Broccoli

29 Sweet Sausage
Red Skin Potatoes
Peppers and Onions

30 Fluffy Pancakes with Turkey Sausage
Roasted Potatoes
Blueberry Compote

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.