

December 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				
11/28-12/4	 		Scrambled Egg and Edamame Brown Fried Rice Kimchi and Oriental Blend Vegetables	Harvest Blend Ratatouille Barley Brussel Sprouts	French Toast with Turkey Sausage Roasted Potatoes Strawberries	Chicken Parmesan Pasta Broccoli	Sweet and Sour Meatballs Rice Pilaf Oriental Vegetables
12/5-12/11	Chicken in Gochujang Style Sauce White Rice Stir Fried Zucchini	Turkey Chili Sweet Potatoes Brussel Sprouts	Eggplant Parmesan Kale Carrots	Caribbean Pineapple Chicken Rice Blended Vegetables	Seasoned Pork Mashed Sweet Potatoes Oriental Vegetables	Vegetable Lasagna with Bechamel Sauce Zucchini and Stewed Tomatoes	Chicken Stuffed Broccoli and Cheese Mashed Potatoes Spinach
12/12-12/18	Fettuccini Alfredo Peas Carrots	Chicken with Country Gravy Mashed Potatoes Collard Greens	Manicotti with Tomato Sauce and Cheese Spinach	Balsamic Chicken Roasted Potatoes Green Beans	Vegetarian Chili Brown Rice Broccoli	Sweet Sausage Red Skin Potatoes Peppers and Onions	Fluffy Pancakes with Turkey Sausage Roasted Potatoes Blueberry Compote
12/19-12/25	Cheese Omelet with Onions and Peppers Red Roasted Peppers Diced Pears	Beef Burgundy Fettuccini Asparagus	Fajita Chicken Spanish Rice Peppers and Peas	Fish Sticks Corn Green Beans	Turkey Enchiladas Pasta Zucchini	Turkey Ham with Pineapple Sauce Roasted Potatoes Green Beans	Chicken Mole Mashed Sweet Potatoes Broccoli
12/26-1/1	Turkey Teriyaki Brown Rice Oriental Vegetables	Beef Picadillo Roasted Sweet Potatoes Kale	Lemon Pepper Fish Roasted Potatoes Okra and Stewed Tomatoes	Chicken and Vegetable Dumplings Rice Broccoli and Red Peppers	Adobe Chicken Cilantro Brown Rice Blended 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.