

January 2026

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 ($\leq 8g$), 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					
1/2-1/8	Chicken Piccata Wild Rice Green Beans	Manicotti with Tomato Sauce and Cheese Spinach	Chicken Florentine Mashed Potatoes Carrots	Beef Stew Rice Pilaf Blended Vegetables	Turkey Tetrazzini Noodles Broccoli	Waffles with Turkey Sausage Sweet Potato Hash Strawberry Sauce	Cheese Ravioli with Tomato Sauce and Mozzarella Italian Vegetables	
1/9-1/15	Meatballs with Tomato Sauce Spaghetti Italian Blend Vegetables	Dill Crusted Fish Mashed Potatoes Zucchini	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	
1/16-1/22	Chicken in Gochujang Style Sauce White Rice Stir Fried Zucchini	Turkey Chili Sweet Potatoes Brussel Sprouts	Eggplant Parmesan Kale Carrots	MARTIN LUTHER KING DAY Caribbean Pineapple Chicken Rice Blended Vegetables	Seasoned Pork Mashed Sweet Potatoes Oriental Vegetables	Vegetable Lasagna with Bechamel Sauce Zucchini and Stewed Tomatoes	Chicken with Broccoli and Cheese Mashed Potatoes Spinach	
1/23-1/29	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	



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.