

March 2026

Bergen County Meals on Wheels Program

Hot Meal Plan

<p>Suggested Donation \$1.25 per Meal <i>Donations are voluntary and confidential; no one is denied service if donation is not provided.</i></p>		<p>Each meal is served with one slice of bread, fresh fruit, dessert, and 1% milk. <i>Menu is subject to change without notice.</i></p>		<p>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.</p>		
<p>Weekend – two meals delivered Frozen on Friday</p>		Monday	Tuesday	Wednesday	Thursday	Friday
Saturday	Sunday					
 <p>1 Beef Picadillo Roasted Sweet Potatoes Kale</p>	<p>2 Chicken and Vegetable Dumpling with Asian Sauce Brown Rice Broccoli with Red Peppers</p>	<p>3 Fettuccini Alfredo Peas Carrots</p>	<p>4 Chicken Milanese Rice Pilaf Brussel Sprouts</p>	<p>5 French Toast with Turkey Sausage Roasted Potatoes Strawberries</p>	<p>6 Dill Crusted Fish Mashed Potatoes Zucchini</p>	
<p>7 Turkey Enchilada Pasta Zucchini</p>	<p>8 Balsamic Chicken Roasted Potatoes Green Beans</p>	<p>9 Cheese Ravioli with Tomato Sauce and Mozzarella Italian Vegetables</p>	<p>10 Cheese Omelet with Onions and Peppers Red Roasted Potatoes Diced Pears</p>	<p>11 Chicken Stuffed Broccoli with Cheese Mashed Potatoes Spinach</p>	<p>12 Latin Beef Stew Yellow Rice Blended Vegetables</p>	<p>13 Eggplant Parmesan Kale Carrots</p>
<p>14 Protein Pasta A La Vodka Zucchini</p>	<p>15 Chicken Florentine Mashed Potatoes Carrots</p>	<p>16 Sweet and Sour Meatballs Brown Rice Oriental Vegetables</p>	<p>17 Corned Beef Boiled Potatoes Steamed Cabbage</p> 	<p>18 Beef Salsa Verde Mashed Potatoes Brussel Sprouts</p>	<p>19 Island Pollock Quinoa Pilaf Okra and Stewed Tomatoes</p>	<p>20 Fluffy Pancakes with Turkey Sausage Roasted Potatoes Blueberry Compote</p>
<p>21 Falafel with Lemon Sauce Quinoa Pilaf Spinach and Tomatoes</p>	<p>22 Beef with Red Sauce Roasted Potatoes Okra</p>	<p>23 Chicken Francese Brown Rice Green Beans</p>	<p>24 Cheese Lasagna with Tomato Sauce Italian Vegetables</p>	<p>25 Salisbury Steak Mashed Sweet Potatoes Broccoli</p>	<p>26 Adobo Chicken Cilantro Brown Rice Blended Vegetables</p>	<p>27 Fish Sticks Corn Green Beans</p>
<p>28 Fajita Chicken Spanish Rice Peas</p>	<p>29 White Bean Cassoulet Barley Salad Zucchini</p>	<p>30 Beef and Broccoli Low Mein Noodles Oriental Vegetables</p>	<p>31 Turkey Chili Roasted Sweet Potatoes Brussel Sprouts</p>	  		

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.