

March 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 (<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				
3/6-3/12	Turkey Enchilada Pasta Zucchini	Balsamic Chicken Roasted Potatoes Green Beans	Cheese Ravioli with Tomato Sauce and Mozzarella Italian Vegetables	Cheese Omelet with Onions and Peppers Red Roasted Potatoes Diced Pears	Chicken Stuffed Broccoli with Cheese Mashed Potatoes Spinach	Latin Beef Stew Yellow Rice Blended Vegetables	Eggplant Parmesan Kale Carrots
3/13-3/19	Protein Pasta A La Vodka Zucchini	Chicken Florentine Mashed Potatoes Carrots	Sweet and Sour Meatballs Brown Rice Oriental Vegetables	Corned Beef Boiled Potatoes Steamed Cabbage 	Beef Salsa Verde Mashed Potatoes Brussel Sprouts	Island Pollock Quinoa Pilaf Okra and Stewed Tomatoes	Fluffy Pancakes with Turkey Sausage Roasted Potatoes Blueberry Compote
3/20-3/26	Falafel with Lemon Sauce Quinoa Pilaf Spinach and Tomatoes	Beef with Red Sauce Roasted Potatoes Okra	Chicken Francese Brown Rice Green Beans	Cheese Lasagna with Tomato Sauce Italian Vegetables	Salisbury Steak Mashed Sweet Potatoes Broccoli	Adobo Chicken Cilantro Brown Rice Blended Vegetables	Fish Sticks Corn Green Beans
3/27-4/2	Fajita Chicken Spanish Rice Peas	White Bean Cassoulet Barley Salad Zucchini	Beef and Broccoli Low Mein Noodles Oriental Vegetables	Turkey Chili Roasted Sweet Potatoes Brussel Sprouts	  		

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.