

May 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



**1 Island Pollock
Quinoa Pilaf
Okra and Stewed
Tomatoes**

2 Falafel with Lemon Sauce
Quinoa Pilaf
Spinach and
Tomatoes

3 Beef Salsa Verde
Mashed Potatoes
Brussels Sprouts

4 Fish Sticks
Corn
Green Beans

5 Eggplant Parmesan
Kale
Carrots

6 Chicken A La King
Rice Pilaf
Spinach

7 White Bean Cassoulet
Barley Salad
Zucchini

8 Salisbury Steak
Mashed Sweet
Potatoes
Broccoli

9 Turkey Chili
Roasted Sweet
Potatoes
Brussels Sprouts

10 Organic Veggie Burger
Black Bean and Tomato
Cauliflower

11 Fajita Chicken
Spanish Rice
Peas

12 Sweet Sausage
Red Skin Potatoes
Peppers and Onions

13 Lemon Pepper Fish
Rice Pilaf
Mixed Vegetables

14 Meatloaf with Mushroom Gravy
Mashed Potatoes
Carrots

15 Manicotti with Tomato Sauce and Cheese
Spinach

16 Crusted Fish
Sweet Potatoes
Mixed Vegetables

17 BBQ Meatballs
Macaroni & Cheese
Broccoli

18 Beef Hamburger
Seasoned Diced
Potatoes
Green Beans

19 Kimchi with Egg
Fried Rice
Edamame

20 Chicken Florentine
Mashed Potatoes
Carrots

21 Mediterranean Ratatouille
Quinoa and Rice
Vegetable Blend

22 French Toast with Turkey Sausage
Roasted Potatoes
Strawberries

23 Chicken Strips in a Basil Cream Sauce
Whole Grain Pasta
Broccoli

24 Protein Pasta Ala Vodka
Zucchini and Stewed
Tomatoes

25 Beef Strips with Cheese Sauce
Caramelized
Onions
Broccoli

26 Waffles with Turkey Sausage
Sweet Potato Hash
Strawberry Sauce

27 Mango Salsa Pork
Sweet Potatoes
Spinach

28 Chicken Piccata
Wild Rice
Green Beans

29 Dill Crusted Fish
Mashed Potatoes
Zucchini

30 Seasoned Shredded Chicken
Macaroni & Cheese
Brussels Sprouts

31 Penne with Meat Sauce and Cheese
Italian Blend
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 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.