

June 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				
5/29-6/4	 		Fish Stick with Creole Sauce Black Beans Broccoli	Turkey Chili Roasted Sweet Potatoes Brussels Sprouts	Chicken Breast with Chicken Gravy Mashed Potatoes Spinach	Vegetable Lasagna with Bechamel Sauce Zucchini and Stewed Tomatoes	Cheese Omelet Onions and Peppers Roasted Potatoes Pears
6/5-6/11	Lemon Chicken Pasta Broccoli	Crunchy Breaded Fish Macaroni and Cheese Brussels Sprouts	Beef Stir Fry Brown Rice Oriental Blend Vegetables	Meatloaf with Mushroom Gravy Mashed Potatoes Carrots	Stuffed Shells with Tomato Sauce and Cheese Italian Blend Vegetables	Honey Mustard Pork Roasted Potatoes Brussels Sprouts	Chicken Milanese Pasta Mixed Vegetables
6/12-6/18	Beef Goulash Noodles Carrots	Balsamic Chicken Roasted Potatoes Green Beans 	Baked Ziti with Tomato Sauce and Cheese Cauliflower 	Lemon Caper Fish Mashed Potatoes Spinach	Chicken and Vegetable Dumpling with Asian Sauce Brown Rice Broccoli with Red Peppers	Salisbury Steak Mashed Sweet Potatoes Broccoli	White Bean Cassoulet Barley Salad Zucchini 
6/19-6/25	Beef and Broccoli Lo Mein Noodles Oriental Vegetables	BBQ Meatballs Macaroni and Cheese Broccoli 	Fajita Chicken Spanish Rice Peppers and Peas 	Mushroom Edamame Ragout Noodles Green Beans	Chicken Parmesan Whole Grain Pasta Broccoli	Sweet Sausage Red Skin Potatoes Peppers and Onions	Caribbean Pineapple Chicken Rice Blended Vegetables
6/26-7/2	Waffles with Turkey Sausage Sweet Potato Hash Strawberry Sauce	Chicken Piccata Wild Rice Green Beans	Turkey Teriyaki Brown Rice Oriental Blend Vegetables	Chicken Strips in Basil Cream Sauce Whole Grain Pasta Broccoli	Lemon Pepper Fish Rice Pilaf Mixed Vegetables	Jerk Chicken Plantains Green Beans	Mango Salsa Pork Sweet Potatoes Spinach 

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.