

June 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 Fish Stick with Creole Sauce
Black Beans
Broccoli

2 Turkey Chili
Roasted Sweet Potatoes
Brussels Sprouts

3 Chicken Breast with Chicken Gravy
Mashed Potatoes
Spinach

4 Vegetable Lasagna with Bechamel Sauce
Zucchini and Stewed Tomatoes

5 Cheese Omelet
Onions and Peppers
Roasted Potatoes
Pears

6 Lemon Chicken Pasta
Broccoli

7 Crunchy Breaded Fish
Macaroni & Cheese
Brussels Sprouts

8 Beef Stir Fry
Brown Rice
Oriental Blend Vegetables

9 Meatloaf with Mushroom Gravy
Mashed Potatoes
Carrots

10 Stuffed Shells with Tomato Sauce and Cheese
Italian Blend Vegetables

11 Honey Mustard Pork
Roasted Potatoes
Brussels Sprouts

12 Chicken Milanese
Pasta
Mixed Vegetables

13 Beef Goulash
Noodles
Carrots

14 Balsamic Chicken
Roasted Potatoes
Green Beans
Flag Day

15 Baked Ziti with Tomato Sauce and Cheese
Cauliflower

16 Lemon Caper Fish
Mashed Potatoes
Spinach
National Sea Turtle Day

17 Chicken and Vegetable Dumpling with Asian Sauce
Brown Rice
Broccoli with Red Peppers

18 Salisbury Steak
Mashed Sweet Potatoes
Broccoli

19 White Bean Cassoulet
Barley Salad
Zucchini
June 19 Juneteenth Freedom Day

20 Beef and Broccoli
Lo Mein Noodles
Oriental Vegetables

21 BBQ Meatballs
Macaroni and Cheese
Broccoli
Happy Father's Day

22 Fajita Chicken
Spanish Rice
Peppers and Peas
Happy Summer!

23 Mushroom Edamame Ragout
Noodles
Green Beans

24 Chicken Parmesan
Whole Grain Pasta
Broccoli

25 Sweet Sausage
Red Skin Potatoes
Peppers and Onions

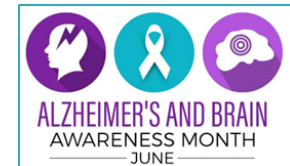
26 Caribbean Pineapple Chicken
Rice
Blended Vegetables

27 Waffles with Turkey Sausage
Sweet Potato Hash
Strawberry Sauce

28 Chicken Piccata
Wild Rice
Green Beans

29 Turkey Teriyaki
Brown Rice
Oriental Blend Vegetables

30 Chicken Strips in Basil Cream Sauce
Whole Grain Pasta
Broccoli



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.

