

May 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



5/1-5/7	Island Pollock Quinoa Pilaf Okra and Stewed Tomatoes	Falafel with Lemon Sauce Quinoa Pilaf Spinach and Tomatoes	Beef Salsa Verde Mashed Potatoes Brussels Sprouts	Fish Sticks Corn Green Beans	Eggplant Parmesan Kale Carrots	Chicken A La King Rice Pilaf Spinach	White Bean Cassoulet Barley Salad Zucchini
5/8-5/14	Salisbury Steak Mashed Sweet Potatoes Broccoli 	Turkey Chili Roasted Sweet Potatoes Brussels Sprouts <i>Happy Mother's Day!</i>	Organic Veggie Burger Black Bean and Tomato Cauliflower	Fajita Chicken Spanish Rice Peas	Sweet Sausage Red Skin Potatoes Peppers and Onions	Lemon Pepper Fish Rice Pilaf Mixed Vegetables	Meatloaf with Mushroom Gravy Mashed Potatoes Carrots
5/15-5/21	Manicotti with Tomato Sauce and Cheese Spinach	Crusted Fish Sweet Potatoes Mixed Vegetables	BBQ Meatballs Macaroni & Cheese Broccoli	Beef Hamburger Seasoned Diced Potatoes Green Beans	Kimchi with Egg Fried Rice Edamame	Chicken Florentine Mashed Potatoes Carrots	Mediterranean Ratatouille Quinoa and Rice Vegetable Blend
5/22-5/28	French Toast with Turkey Sausage Roasted Potatoes Strawberries	Chicken Strips in a Basil Cream Sauce Whole Grain Pasta Broccoli	Protein Pasta Ala Vodka Zucchini and Stewed Tomatoes	Beef Strips with Cheese Sauce Caramelized Onions Broccoli	Waffles with Turkey Sausage Sweet Potato Hash Strawberry Sauce	Mango Salsa Pork Sweet Potatoes Spinach	Chicken Piccata Wild Rice Green Beans
5/29-6/4	Dill Crusted Fish Mashed Potatoes Zucchini	Seasoned Shredded Chicken Macaroni & Cheese Brussels Sprouts	Penne with Meat Sauce and Cheese Italian Blend Vegetables	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

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.