

August 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				
7/31-8/6	Beef and Broccoli Lo Mein Noodles Oriental Vegetables	Fluffy Pancakes with Turkey Sausage Roasted Potatoes Blueberry Compote	Fajita Chicken Spanish Rice Peppers & Peas	Island Pollock Quinoa Pilaf Okra & Stewed Tomatoes	Chicken Parmesan Whole Grain Pasta Broccoli 	Beef Salsa Verde Mashed Potatoes Brussels Sprouts	Turkey Teriyaki Brown Rice Oriental Blend Vegetables
8/7-8/13	Chicken Florentine Mashed Potatoes Carrots 	Sweet Sausage Red Skin Potatoes Peppers & Onions	Latin Beef Stew Yellow Rice Blended Vegetables	Crusted Fish Sweet Potatoes Mixed Vegetables	Cheese Omelet Onions and Peppers Roasted Potatoes Pears	Eggplant Parmesan Kale Carrots	Cheesy Cream of Chicken Rice Asparagus
8/14-8/20	Cheese Ravioli with Tomato Sauce and Mozzarella Italian Blend Vegetables	Honey Mustard Pork Roasted Potatoes Brussel Sprouts	Chicken Francese Brown Rice Green Beans	Protein Penne A La Vodka Zucchini	Beef with Red Sauce Roasted Potatoes Okra	Turkey Cacciatore White Rice Peppers and Onions	Meatballs Alfredo Noodles Broccoli 
8/21-8/27	Beef in Mushroom Gravy Roasted Potatoes Carrots	Cheesy Chicken Stuffed with Broccoli Mashed Potatoes Spinach	Fish Sticks Corn Green Beans <i>Happy National Dog Day</i> 	Waffles with Turkey Sausage Sweet Potato Hash Strawberry Sauce	Philly Steak in Cheese Sauce Caramelized Onions Broccoli	Chicken Marsala Rice Pilaf Brussel Sprouts	Beef Goulash Noodles Carrots
8/28-9/3	Jerk Chicken Plantains Green Beans	Turkey Tetrazzini Noodles Broccoli	Beef Hamburger Seasoned Diced Potatoes Green Beans				

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.