

August 2026

Bergen County Meals on Wheels Program

Hot Meal Plan

Suggested Donation \$1.25 per Meal <i>Donations are voluntary and confidential; no one is denied service if donation is not provided.</i>		Each meal is served with one slice of bread, fresh fruit, dessert, and 1% milk. <i>Menu is subject to change without notice.</i>		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		Monday	Tuesday	Wednesday	Thursday	Friday
Saturday	Sunday					
1 Beef and Broccoli Lo Mein Noodles Oriental Vegetables	2 Fluffy Pancakes with Turkey Sausage Roasted Potatoes Blueberry Compote	3 Fajita Chicken Spanish Rice Peppers & Peas	4 Island Pollock Quinoa Pilaf Okra & Stewed Tomatoes	5 Chicken Parmesan Whole Grain Pasta Broccoli 	6 Beef Salsa Verde Mashed Potatoes Brussels Sprouts	7 Turkey Teriyaki Brown Rice Oriental Blend Vegetables
8 Chicken Florentine Mashed Potatoes Carrots 	9 Sweet Sausage Red Skin Potatoes Peppers & Onions	10 Latin Beef Stew Yellow Rice Blended Vegetables	11 Crusted Fish Sweet Potatoes Mixed Vegetables	12 Cheese Omelet Onions and Peppers Roasted Potatoes Pears	13 Eggplant Parmesan Kale Carrots	14 Cheesy Cream of Chicken Rice Asparagus
15 Cheese Ravioli with Tomato Sauce and Mozzarella Italian Blend Vegetables	16 Honey Mustard Pork Roasted Potatoes Brussel Sprouts	17 Chicken Francese Brown Rice Green Beans	18 Protein Penne A La Vodka Zucchini	19 Beef with Red Sauce Roasted Potatoes Okra	20 Turkey Cacciatore White Rice Peppers and Onions	21 Meatballs Alfredo Noodles Broccoli 
22 Beef in Mushroom Gravy Roasted Potatoes Carrots	23 Cheesy Chicken Stuffed with Broccoli Mashed Potatoes Spinach	24 Fish Sticks Corn Green Beans	25 Waffles with Turkey Sausage Sweet Potato Hash Strawberry Sauce	26 Philly Steak in Cheese Sauce Caramelized Onions Broccoli <i>Happy National Dog Day</i> 	27 Chicken Marsala Rice Pilaf Brussel Sprouts	28 Beef Goulash Noodles Carrots
29 Jerk Chicken Plantains Green Beans	30 Turkey Tetrazzini Noodles Broccoli	31 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 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.