

October 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		Monday	Tuesday	Wednesday	Thursday	Friday
Saturday	Sunday					
 		October 16th  October 5-11th 			1 Turkey Cacciatore White Rice Peppers and Onions	2 Protein Penne A La Vodka Zucchini
3 Beef in Mushroom Gravy Roasted Potatoes Carrots	4 Lemon Chicken Penne Broccoli	5 Fish Sticks Corn Green Beans	6 Cheese Omelet with Onions and Peppers Red Roasted Potatoes Diced Pears	7 Chicken Marsala Rice Pilaf Brussel Sprout	8 Philly Steak in Cheese Sauce Caramelized Onions Broccoli	9 Chicken Francese Brown Rice Green Beans
10 Turkey Tetrzzini Noodles Broccoli	11 Chicken in Gochujang Sauce White Rice Stir Fried Zucchini	12 Beef Hamburger Diced Potatoes Green Bean: 	13 White Bean Cassoulet Barley Salad Zucchini	14 French Toast with Turkey Sausage Roasted Potatoes Strawberries	15 Cheesy Stuffed Chicken with Broccoli Mashed Potatoes Spinach	16 Crusted Fish Sweet Potatoes Mixed Vegetables
17 Chicken Chimichurri Plantains Green Beans	18 Meatloaf with Mushroom Gravy Mashed Potatoes Carrots	19 Chicken and Vegetable Dumpling with Asian Sauce Brown Rice Broccoli with Red Peppers	20 Waffles with Turkey Sausage Sweet Potato Hash Strawberry Sauce	21 Chicken with Hawaiian Sauce Rice Blended Vegetables National Apple Day	22 Balsamic Chicken Roasted Potatoes Green Beans	23 Beef Salsa Verde Mashed Potatoes Brussel Sprouts
24 Fettuccini Alfredo Peas and Carrots	25 Chicken A La King Rice Pilaf Spinach	26 Stuffed Shells with Tomato Sauce and Mozzarella Cheese Italian Blend Vegetables 	27 Salisbury Steak Mashed Sweet Potatoes Broccoli	28 Lemon Caper Fish Mashed Potatoes Spinach	29 Turkey and Bean Chili Brown Rice Carrots	30 Chicken Milanese Pasta Mixed Vegetables

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.

