

# September 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 White Bean Cassoulet**  
Barley Salad  
Zucchini

**2 French Toast with Turkey Sausage**  
Roasted Potatoes  
Strawberries

**3 Cheesy Cream of Chicken**  
Rice  
Asparagus

**4 Cheese Ravioli with Tomato sauce and Mozzarella**  
Italian Blend Vegetables

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

**6 Meatloaf with Mushroom Gravy**  
Mashed Potatoes  
Carrots

**7 Beef Strips with Cheese Sauce**  
Caramelized Onions  
Broccoli



**8 Balsamic Chicken**  
Roasted Potatoes  
Green Beans

**9 Eggplant Parmesan**  
Kale  
Carrots

**10 Waffles with Turkey Sausage**  
Sweet Potato Hash  
Strawberry Sauce

**11 Beef Salsa Verde**  
Mashed Potatoes  
Brussel Sprouts

**12 Fettuccini Alfredo**  
Peas and Carrots

**13 Chicken A La King**  
Rice Pilaf  
Spinach



**14 Baked Ziti with Tomato Sauce and Cheese**  
Pasta  
Cauliflower

**15 Salisbury Steak**  
Mashed Sweet Potatoes  
Broccoli

**16 Lemon Caper Fish**  
Mashed Potatoes  
Spinach

**17 Diced Beef in Gochujang Sauce**  
White Rice  
Broccoli

**18 Chicken Milanese**  
Pasta  
Mixed Vegetables

**19 Beef and Broccoli**  
Lo Mein Noodles  
Oriental Vegetables

**20 Braised Pork with Mango Salsa**  
Mashed Sweet Potatoes  
Spinach

**21 Fajita Chicken**  
Spanish Rice  
Peppers and Peas



**22 Mushroom Edamame Ragout**  
Noodles  
Green Beans

Happy Fall

**23 Chicken strips in Basil Cream Sauce**  
Penne  
Broccoli

**24 Sweet Sausage**  
Red Skin Potatoes  
Peppers and Onions

**25 Sweet and Sour Meatballs**  
Brown Rice  
Vegetable Blend

**26 Scrambled Egg and Edamame**  
Brown Fried Rice  
Kimchi and Oriental Blend Vegetables

**27 Beef Goulash**  
Noodles  
Carrots

**28 Honey Mustard Pork**  
Roasted Potatoes  
Brussel Sprouts

**29 Meatball Alfredo**  
Noodles  
Broccoli

**30 Beef with Red Sauce**  
Roasted Potatoes  
Okra



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.

