

September 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			
8/28-9/3	 			White Bean Cassoulet Barley Salad Zucchini	French Toast with Turkey Sausage Roasted Potatoes Strawberries	Cheesy Cream of Chicken Rice Asparagus	Cheese Ravioli with Tomato sauce and Mozzarella Italian Blend Vegetables
9/4-9/10	Chicken and Vegetable Dumpling with Asian Sauce Brown Rice Broccoli with Red Peppers	Meatloaf with Mushroom Gravy Mashed Potatoes Carrots	Beef Strips with Cheese Sauce Caramelized Onions Broccoli 	Balsamic Chicken Roasted Potatoes Green Beans	Eggplant Parmesan Kale Carrots	Waffles with Turkey Sausage Sweet Potato Hash Strawberry Sauce	Beef Salsa Verde Mashed Potatoes Brussel Sprouts
9/11-9/17	Fettuccini Alfredo Peas and Carrots	Chicken A La King Rice Pilaf Spinach 	Baked Ziti with Tomato Sauce and Cheese Pasta Cauliflower	Salisbury Steak Mashed Sweet Potatoes Broccoli	Lemon Caper Fish Mashed Potatoes Spinach	Diced Beef in Gochujang Sauce White Rice Broccoli	Chicken Milanese Pasta Mixed Vegetables
9/18-9/24	Beef and Broccoli Lo Mein Noodles Oriental Vegetables	Braised Pork with Mango Salsa Mashed Sweet Potatoes Spinach	Fajita Chicken Spanish Rice Peppers and Peas 	Mushroom Edamame Ragout Noodles Green Beans 	Chicken strips in Basil Cream Sauce Penne Broccoli	Sweet Sausage Red Skin Potatoes Peppers and Onions	Sweet and Sour Meatballs Brown Rice Vegetable Blend
9/25-10/1	Scrambled Egg and Edamame Brown Fried Rice Kimchi and Oriental Blend Vegetables	Beef Goulash Noodles Carrots	Honey Mustard Pork Roasted Potatoes Brussel Sprouts	Meatball Alfredo Noodles Broccoli	Beef with Red Sauce Roasted Potatoes Okra	Turkey Cacciatore White Rice Peppers and Onions	

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.