October 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*				
9/25-10/1			*October 16th* 		*October 5-11th* 	**Turkey Cacciatore** White Rice Peppers and Onions	**Protein Penne A La Vodka** Zucchini
10/2-10/8	**Beef in Mushroom Gravy** Roasted Potatoes Carrots	**Lemon Chicken** Penne Broccoli	**Fish Sticks** Corn Green Beans	**Cheese Omelet with Onions and Peppers** Red Roasted Potatoes Diced Pears	**Chicken Marsala** Rice Pilaf Brussel Sprout	**Philly Steak in Cheese Sauce** Caramelized Onions Broccoli	**Chicken Francese** Brown Rice Green Beans
10/9-10/15	**Turkey Tetrazzini** Noodles Broccoli	**Chicken in Gochujang Sauce** White Rice Stir Fried Zucchini	**Beef Hamburger** Diced Potatoes Green Beans 	**White Bean Cassoulet** Barley Salad Zucchini	**French Toast with Turkey Sausage** Roasted Potatoes Strawberries	**Cheesy Stuffed Chicken with Broccoli** Mashed Potatoes Spinach	**Crusted Fish** Sweet Potatoes Mixed Vegetables
10/16-10/22	**Chicken Chimichurri** Plantains Green Beans	**Meatloaf with Mushroom Gravy** Mashed Potatoes Carrots	**Chicken and Vegetable Dumpling with Asian Sauce** Brown Rice Broccoli with Red Peppers	**Waffles with Turkey Sausage** Sweet Potato Hash Strawberry Sauce	**Chicken with Hawaiian Sauce** Rice Blended Vegetables	**Balsamic Chicken** Roasted Potatoes Green Beans  *National Apple Day*	**Beef Salsa Verde** Mashed Potatoes Brussel Sprouts
10/23-10/31	**Fettuccini Alfredo** Peas and Carrots	**Chicken A La King** Rice Pilaf Spinach	**Stuffed Shells with Tomato Sauce and Mozzarella Cheese** Italian Blend Vegetables	**Salisbury Steak** Mashed Sweet Potatoes Broccoli  *National Pumpkin Day*	**Lemon Caper Fish** Mashed Potatoes Spinach	**Turkey and Bean Chili** Brown Rice Carrots	**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 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.