November 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*				
10/31 11/6	**Beef and Broccoli** Lo Mein Noodles Oriental Vegetables	**Braised Pork with Mango Salsa** Mashed Sweet Potato Spinach	**Fajita Chicken** Spanish Rice Peppers and Peas	**Mushroom Edamame Ragout** Noodles Green Beans 	**Sweet Sausage** Red Skin Potatoes Peppers and Onions	**Chicken Strips in Basil Pesto Cream Sauce** Penne Broccoli	**Sweet and Sour Meatballs** Brown Rice Oriental Vegetables
11/7- 11/13	**Scrambled Egg and Edamame** Brown Fried Rice Kimchi and Oriental Blend Vegetables	**Honey Mustard Pork** Roasted Potatoes Brussel Sprouts	**Chicken Francese** Brown Rice Green Beans	**Protein Pasta Primavera** Zucchini 	**Fluffy Pancakes with Turkey Sausage** Roasted Potatoes Blueberry Compote	**Turkey Cacciatore** White Rice Peppers and Onions	**Meatball Alfredo** Noodles Broccoli
11/14- 11/20	**Beef Picadillo** Roasted Sweet Potatoes Kale	**Adobo Chicken** Cilantro Brown Rice Blended Vegetables 	**Lemon Pepper Fish** Roasted Potatoes Okra and Stewed Tomatoes	**BBQ Meatballs** Mac and Cheese Broccoli	**Turkey Teriyaki** Brown Rice Oriental Vegetables	**Chicken Breast with Chicken Gravy** Mashed Potatoes Spinach	**Stuffed Shells** Italian Vegetables  *National Pepper Month*
11/21- 11/27	**Chicken Piccata** Wild Rice Green Beans 	**Island Pollock** Quinoa Pilaf Okra and Stewed Tomatoes	**Manicotti with Tomato Sauce and Cheese** Spinach	**Chicken Florentine** Mashed Potatoes Carrots	**Beef Stew** Rice Pilaf Blended Vegetables	**Roast Turkey with Gravy** Stuffing Sweet Mashed Potatoes Green Beans 	**Chicken Parmesan** Pasta Broccoli
11/28- 11/30	**Dill Crusted Fish** Mashed Potatoes Zucchini	**Meatballs with Tomato Sauce** Spaghetti Italian Blend Vegetables	**Harvest Blend Ratatouille** Barley Brussel Sprouts				

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.