

January 2025

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 2% 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				
1/4-1/9/25	Island Pollock Quinoa Pilaf Okra and Stewed Tomatoes	Chicken Florentine Mashed Potatoes Carrots	Manicotti with Tomato Sauce and Cheese Spinach	Salisbury Steak with Gravy Mashed Sweet Potatoes Broccoli	Falafel with Lemon Sauce Quinoa Pilaf Spinach and Tomatoes	Chicken Piccata Wild Rice Green Beans	Beef and Broccoli Lo Mein Noodles Oriental Vegetables
1/10-1/16	Harvest Blend Ratatouille Barley Brussel Sprouts	Cheese Ravioli Italian Blend Vegetables	Dill Crusted Fish Mashed Potatoes Zucchini	Beef Stew Rice Pilaf Blended Vegetables	Fluffy Pancakes with Turkey Sausage Roasted Potatoes Blueberry Compote	Turkey Enchilada Pasta Zucchini	Meatballs with Tomato Sauce Spaghetti Italian Blend Vegetables
1/17-1/23	Vegetable Lasagna with Bechamel Sauce Zucchini and Stewed Tomatoes	Seasoned Pork Mashed Sweet Potatoes Oriental Vegetables	Turkey Salsa Verde Barley Carrots 	Caribbean Pineapple Chicken Rice Blended Vegetables	Turkey Chili Sweet Potatoes Brussel Sprouts	Eggplant Parmesan Kale Carrots	Broccoli Stuffed Chicken with Cheese Mashed Potatoes Spinach
1/24-1/30	Vegetarian Chili Brown Rice Broccoli	Protein Pasta A La Vodka Zucchini and Stewed Tomatoes	Chicken with Country Gravy Mashed Potatoes Collard Greens	Mushroom Edamame Ragout Noodles Green Beans	Fettuccini Alfredo Peas Carrots	Beef Salsa Verde Mashed Potatoes Brussel Sprouts	Balsamic Chicken Roasted Potatoes Green Beans
1/31-2/6	Fajita Chicken Spanish Rice Pepper and Peas	Fish Sticks Corn Green Beans	Chicken Mole Mashed Sweet Potatoes Broccoli	Fall Roasted Bean Bowl Polenta Spinach	Beef Burgundy Fettuccini Asparagus 	Cheese Omelet with Onions and Peppers Red Roasted Potatoes Diced Pears	Chicken Parmesan Pasta Broccoli



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.