



January 2025

Bergen County Meals on Wheels Program

Hot Meal Plan

<p>Suggested Donation \$1.25 per Meal <i>Donations are voluntary and confidential; no one is denied service if donation is not provided.</i></p>		<p>Each meal is served with one slice of bread, fresh fruit, dessert, and 2% milk. <i>Menu is subject to change without notice.</i></p>		<p>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.</p>		
<p>Weekend – two meals delivered Frozen on Friday</p>		Monday	Tuesday	Wednesday	Thursday	Friday
Saturday	Sunday			<p>1 Eggplant Parmesan Kale Carrots</p>	<p>2 Chicken Francese Brown Rice Green Beans</p>	<p>3 Sweet and Sour Beef Meatballs Rice Pilaf Oriental Vegetables</p>
<p>4 Island Pollock Quinoa Pilaf Okra and Stewed Tomatoes</p>	<p>5 Chicken Florentine Mashed Potatoes Carrots</p>	<p>6 Manicotti with Tomato Sauce and Cheese Spinach</p>	<p>7 Salisbury Steak with Gravy Mashed Sweet Potatoes Broccoli</p>	<p>8 Falafel with Lemon Sauce Quinoa Pilaf Spinach and Tomatoes</p>	<p>9 Chicken Piccata Wild Rice Green Beans</p>	<p>10 Beef and Broccoli Lo Mein Noodles Oriental Vegetables</p>
<p>11 Harvest Blend Ratatouille Barley Brussel Sprouts</p>	<p>12 Cheese Ravioli Italian Blend Vegetables</p>	<p>13 Dill Crusted Fish Mashed Potatoes Zucchini</p>	<p>14 Beef Stew Rice Pilaf Blended Vegetables</p>	<p>15 Fluffy Pancakes with Turkey Sausage Roasted Potatoes Blueberry Compote</p>	<p>16 Turkey Enchilada Pasta Zucchini</p>	<p>17 Meatballs with Tomato Sauce Spaghetti Italian Blend Vegetables</p>
<p>18 Vegetable Lasagna with Bechamel Sauce Zucchini and Stewed Tomatoes</p>	<p>19 Seasoned Pork Mashed Sweet Potatoes Oriental Vegetables</p>	<p>20 Turkey Salsa Verde Barley Carrots</p> 	<p>21 Caribbean Pineapple Chicken Rice Blended Vegetables</p>	<p>22 Turkey Chili Sweet Potatoes Brussel Sprouts</p>	<p>23 Eggplant Parmesan Kale Carrots</p>	<p>24 Broccoli Stuffed Chicken with Cheese Mashed Potatoes Spinach</p>
<p>25 Vegetarian Chili Brown Rice Broccoli</p>	<p>26 Protein Pasta A La Vodka Zucchini and Stewed Tomatoes</p>	<p>27 Chicken with Country Gravy Mashed Potatoes Collard Greens</p>	<p>28 Mushroom Edamame Ragout Noodles Green Beans</p>	<p>29 Fettuccini Alfredo Peas Carrots</p>	<p>30 Beef Salsa Verde Mashed Potatoes Brussel Sprouts</p>	<p>31 Balsamic Chicken Roasted Potatoes Green Beans</p>

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.