

December 2023

## 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

12/1-  
12/7



**Beef and Broccoli**  
 Lo Mein  
 Roasted Potatoes  
 Oriental Vegetables

12/8-  
12/14

**Meatballs with Tomato Sauce**  
 Spaghetti  
 Italian Blend Vegetables

**Dill Crusted Fish**  
 Mashed Potatoes  
 Zucchini

**Cheese Ravioli**  
 Italian Blend Vegetables

**French Toast with Turkey Sausage**  
 Roasted Potatoes  
 Strawberries

**Falafel with Lemon Sauce**  
 Quinoa Pilaf  
 Spinach and Tomatoes

**Chicken Parmesan**  
 Pasta  
 Broccoli

**Harvest Blend Ratatouille**  
 Barley  
 Brussel Sprouts

12/15-  
12/21

**Turkey Teriyaki**  
 Brown Rice  
 Oriental Vegetables

**Eggplant Parmesan**  
 Kale  
 Carrots

**Turkey Chili**  
 Sweet Potatoes  
 Brussel Sprouts

**Caribbean Pineapple Chicken**  
 Rice  
 Blended Vegetables

**Seasoned Pork**  
 Mashed Sweet Potatoes  
 Oriental Vegetables

**Vegetable Lasagna with Bechamel Sauce**  
 Zucchini and Stewed Tomatoes

**Chicken Stuffed Broccoli and Cheese**  
 Mashed Potatoes  
 Spinach

12/22-  
12/28

**Fettuccini Alfredo**  
 Peas  
 Carrots

**Chicken with Country Gravy**  
 Mashed Potatoes  
 Collard Greens

**Protein Pasta Ala Vodka**  
 Pasta  
 Zucchini and Stewed Tomatoes

**Balsamic Chicken**  
 Roasted Potatoes  
 Green Beans

**Vegetarian Chili**  
 Brown Rice  
 Broccoli

**Sweet Sausage**  
 Red Skin Potatoes  
 Peppers and Onions



**Fluffy Pancakes with Turkey Sausage**  
 Roasted Potatoes  
 Blueberry Compote

12/29-  
1/4

**Chicken Mole**  
 Mashed Sweet Potatoes  
 Broccoli

**Fall Roasted Bean Bowl**  
 Polenta  
 Spinach

**Turkey Ham with Pineapple Sauce**  
 Roasted Potatoes  
 Green Beans

**Beef Burgundy**  
 Fettuccini  
 Asparagus

**Cheese Omelet with Onions and Peppers**  
 Red Roasted Potatoes  
 Diced Pears

**Turkey Enchilada**  
 Pasta  
 Zucchini

**Fish Sticks**  
 Corn  
 Green Beans

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.