

# December 2023

# Bergen County Meals on Wheels Program

# Hot Meal Plan

**Suggested Donation  
\$1.25 per Meal**

*Donations are voluntary and confidential; no one is denied service if donation is not provided.*

**Each meal is served with one slice of bread, fresh fruit, dessert, and 2% milk.**

*Menu is subject to change without notice.*

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.

**Weekend – two meals delivered Frozen on Friday**

**Saturday**

**Sunday**

**Monday**

**Tuesday**

**Wednesday**

**Thursday**

**Friday**



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

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

**3 Dill Crusted Fish  
Mashed Potatoes  
Zucchini**

**4 Cheese Ravioli  
Italian Blend  
Vegetables**

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

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

**7 Chicken Parmesan  
Pasta  
Broccoli**

**8 Harvest Blend  
Ratatouille  
Barley  
Brussel Sprouts**

**9 Turkey Teriyaki  
Brown Rice  
Oriental Vegetables**

**10 Eggplant  
Parmesan  
Kale  
Carrots**

**11 Turkey Chili  
Sweet Potatoes  
Brussel Sprouts**

**12 Caribbean  
Pineapple Chicken  
Rice  
Blended Vegetables**

**13 Seasoned Pork  
Mashed Sweet  
Potatoes  
Oriental Vegetables**

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

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

**16 Fettuccini Alfredo  
Peas  
Carrots**

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

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

**19 Balsamic  
Chicken  
Roasted Potatoes  
Green Beans**

**20 Vegetarian Chili  
Brown Rice  
Broccoli**

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

**WINTER  
SOLSTICE**

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

**23 Chicken Mole  
Mashed Sweet  
Potatoes  
Broccoli**

**24 Fall Roasted  
Bean Bowl  
Polenta  
Spinach**

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

**26 Beef Burgundy  
Fettuccini  
Asparagus**

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

**28 Turkey Enchilada  
Pasta  
Zucchini**

**29 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.