

October 2024

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			
9/27-10/3	October is... National Apple Month National Pretzel Month National Pumpkin Month 			Beef in Mushroom Gravy Roasted Potatoes Carrots	Chicken Francese Brown Rice Green Beans	Eggplant Parmesan Kale Carrots	Meatball Alfredo Noodles Broccoli
10/4-10/10	Honey Mustard Pork Roasted Potatoes Brussel Sprouts	White Bean Cassoulet Barley Salad Zucchini	Chicken with Country Cream Gravy Mashed Potatoes Collard Greens	Falafel with Lemon Sauce Quinoa Pilaf Spinach and Tomatoes	Braised Pork with Mango Salsa Mashed Sweet Potatoes Spinach	Turkey Teriyaki Brown Rice Oriental Blend Vegetables	Fluffy Pancakes with Turkey Sausage Roasted Potatoes Blueberry Compote
10/11-10/17	Balsamic Chicken Roasted Potatoes Green Beans	Island Pollock Quinoa Pilaf Okra and Stewed Tomatoes	Beef Strips with Cheese Sauce Carmelized Onions Broccoli 	French Toast with Turkey Sausage Roasted Potatoes Strawberries	Turkey Salsa Verde Barley Carrots	Chicken Breast with Chicken Gravy Mashed Potatoes Spinach	Chicken A La King Rice Pilaf Spinach
10/18-10/24	Beef Salsa Verde Mashed Potatoes Brussel Sprouts	Cheesy Cream of Chicken Rice Asparagus	Cheese Omelet with Onions and Peppers Red Roasted Potatoes Diced Pears	Cheese Ravioli with Tomato Sauce and Mozzarella Italian Vegetables	Lemon Chicken Pasta Broccoli	Meatloaf with Mushroom Gravy Mashed Potatoes Carrots	Island Pollock Quiona Pilaf Okra and Stewed Tomatoes
10/25-10/31	Beef Goulash Noodles Carrots	Chicken and Vegetable Dumpling with Asian Sauce Brown Rice Broccoli and Red Peppers	Lemon Caper Fish Mashed Potatoes Spinach	French Toast with Turkey Sausage Roasted Potatoes Strawberries	Chicken Piccata Wild Rice Green Beans	Salisbury Steak Mashed Sweet Potatoes Broccoli  Happy Halloween!	Turkey Chili Sweet Potato 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.