

October 2024

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**

**October is...**

National Apple Month  
 National Pretzel Month  
 National Pumpkin Month



**1 Beef in Mushroom Gravy**  
 Roasted Potatoes  
 Carrots

**2 Chicken Francese**  
 Brown Rice  
 Green Beans

**3 Eggplant Parmesan**  
 Kale  
 Carrots

**4 Meatball Alfredo**  
 Noodles  
 Broccoli

**5 Honey Mustard Pork**  
 Roasted Potatoes  
 Brussel Sprouts

**6 White Bean Cassoulet**  
 Barley Salad  
 Zucchini

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

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

**9 Braised Pork with Mango Salsa**  
 Mashed Sweet Potatoes  
 Spinach

**10 Turkey Teriyaki**  
 Brown Rice  
 Oriental Blend Vegetables

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

**12 Balsamic Chicken**  
 Roasted Potatoes  
 Green Beans

**13 Island Pollock**  
 Quinoa Pilaf  
 Okra and Stewed Tomatoes

**14 Beef Strips with Cheese Sauce**  
 Caramelized Onions  
 Broccoli



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

**16 Turkey Salsa Verde**  
 Barley  
 Carrots

**17 Chicken Breast with Chicken Gravy**  
 Mashed Potatoes  
 Spinach

**18 Chicken A La King**  
 Rice Pilaf  
 Spinach

**19 Beef Salsa Verde**  
 Mashed Potatoes  
 Brussel Sprouts

**20 Cheesy Cream of Chicken**  
 Rice  
 Asparagus

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

**22 Cheese Ravioli with Tomato Sauce and Mozzarella**  
 Italian Vegetables

**23 Lemon Chicken**  
 Pasta  
 Broccoli

**24 Meatloaf with Mushroom Gravy**  
 Mashed Potatoes  
 Carrots

**25 Island Pollock**  
 Quinoa Pilaf  
 Okra and Stewed Tomatoes

**26 Beef Goulash**  
 Noodles  
 Carrots

**27 Chicken and Vegetable Dumpling with Asian Sauce**  
 Brown Rice  
 Broccoli and Red Peppers

**28 Lemon Caper Fish**  
 Mashed Potatoes  
 Spinach

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

**30 Chicken Piccata**  
 Wild Rice  
 Green Beans

**31 Salisbury Steak**  
 Mashed Sweet Potatoes  
 Broccoli  
 Happy Halloween! 

**1 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 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.