

November 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
2 Fish Stick with Creole Sauce Black Beans Broccoli		3 Fajita Chicken Spanish Rice Peppers and Peas		4 Fluffy Pancakes with Turkey Sausage Roasted Potatoes Blueberry Compote	5 Mushroom Edamame Ragout Noodles Green Beans Election Day VOTE	6 Chicken Parmesan Whole Grain Pasta Broccoli	7 Vegetable Patty with Black Beans and Tomato Cauliflower	8 Beef and Broccoli Lo Mein Noodles Oriental Vegetables
9 Dill Crusted Fish Mashed Potatoes Zucchini		10 Turkey Cacciatore White Rice Peppers and Onions		11 Meatball Alfredo Noodles Broccoli  VETERANS DAY ★ HONORING ALL WHO SERVED ★	12 Chicken Francese Brown Rice Green Beans	13 Beef Burgundy Fettuccini Asparagus	14 Cheese Omelet with Onions and Peppers Red Roasted Potatoes Diced Pears	15 Chicken Strips in Basil Pesto Cream Sauce Penne Broccoli
16 BBQ Meatballs Macaroni and Cheese Broccoli		17 Lemon Pepper Fish Roasted Potatoes Okra and Stewed Tomatoes		18 Turkey Teriyaki Brown Rice Oriental Vegetables	19 Beef Picadillo Roasted Sweet Potatoes Kale	20 Adobo Chicken Cilantro Brown Rice Blended Vegetables	21 Stuffed Shells Italian Vegetables	22 Chicken Breast with Chicken Gravy Mashed Potatoes Spinach
23 Chicken Piccata Wild Rice Green Beans		24 Manicotti with Tomato Sauce and Cheese Spinach		25 Chicken Florentine Mashed Potatoes Carrots	26 Salisbury Steak with Gravy Mashed Sweet Potatoes Broccoli	27 Island Pollock Quinoa Pilaf Okra and Stewed Tomatoes	28 Roast Turkey with Gravy Stuffing Sweet Mashed Potatoes Green Beans Thanksgiving	29 Beef Stew Rice Pilaf Blended Vegetables

30 Meatballs with Tomato Sauce
Spaghetti
Italian Blend
Vegetables



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.