

November 2024

Bergen County Meals on Wheels Menu Plan

Frozen Meal






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				
11/1-11/7	Fish Stick with Creole Sauce Black Beans Broccoli	Fajita Chicken Spanish Rice Peppers and Peas	Fluffy Pancakes with Turkey Sausage Roasted Potatoes Blueberry Compote	Mushroom Edamame Ragout Noodles Green Beans Election Day 	Chicken Parmesan Whole Grain Pasta Broccoli	Vegetable Patty with Black Beans and Tomato Cauliflower	Beef and Broccoli Lo Mein Noodles Oriental Vegetables
11/8-11/14	Dill Crusted Fish Mashed Potatoes Zucchini	Turkey Cacciatore White Rice Peppers and Onions	Meatball Alfredo Noodles Broccoli  VETERANS DAY <small>★ HONORING ALL WHO SERVED ★</small>	Chicken Francese Brown Rice Green Beans	Beef Burgundy Fettuccini Asparagus	Cheese Omelet with Onions and Peppers Red Roasted Potatoes Diced Pears	Chicken Strips in Basil Pesto Cream Sauce Penne Broccoli
11/15-11/21	BBQ Meatballs Macaroni and Cheese Broccoli	Lemon Pepper Fish Roasted Potatoes Okra and Stewed Tomatoes	Turkey Teriyaki Brown Rice Oriental Vegetables	Beef Picadillo Roasted Sweet Potatoes Kale	Adobo Chicken Cilantro Brown Rice Blended Vegetables	Stuffed Shells Italian Vegetables	Chicken Breast with Chicken Gravy Mashed Potatoes Spinach
11/22-11/28	Chicken Piccata Wild Rice Green Beans	Manicotti with Tomato Sauce and Cheese Spinach	Chicken Florentine Mashed Potatoes Carrots	Salisbury Steak with Gravy Mashed Sweet Potatoes Broccoli	Island Pollock Quinoa Pilaf Okra and Stewed Tomatoes	Roast Turkey with Gravy Stuffing Sweet Mashed Potatoes Green Beans	Beef Stew Rice Pilaf Blended Vegetables
11/29-12/5	Meatballs with Tomato Sauce Spaghetti Italian Blend Vegetables	Dill Crusted Fish Mashed Potatoes Zucchini	  				

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.