

December 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				
11/29-12/5	Meatballs with Tomato Sauce Spaghetti Italian Blend Vegetables	Dill Crusted Fish Mashed Potatoes Zucchini	Beef Stew Rice Pilaf Blended Vegetables	French Toast with Turkey Sausage Roasted Potatoes Strawberries	Sweet and Sour Beef Meatballs Rice Pilaf Oriental Vegetables	Chicken Parmesan Pasta Broccoli	Harvest Blend Ratatouille Barley Brussel Sprouts
12/6-12/12	Turkey Cacciatore Brown Rice Onions and Peppers	Eggplant Parmesan Kale Carrots	Turkey Chili Sweet Potatoes Brussel Sprouts	Caribbean Pineapple Chicken Rice Blended Vegetables	Seasoned Pork Mashed Sweet Potatoes Oriental Vegetables	Vegetable Lasagna with Bechamel Sauce Zucchini and Stewed Tomatoes	Broccoli Stuffed Chicken and Cheese Mashed Potatoes Spinach
12/13-12/19	Fettuccini Alfredo Peas Carrots	Chicken with Country Gravy Mashed Potatoes Collard Greens	Protein Pasta a La Vodka Zucchini and Stewed Tomatoes	Balsamic Chicken Roasted Potatoes Green Beans	Vegetarian Chili Brown Rice Broccoli	Sweet Sausage Red Skin Potatoes Peppers and Onions	Fluffy Pancakes with Turkey Sausage Roasted Potatoes Blueberry Compote
12/20-12/26	Cheese Omelet with Onions and Peppers Red Roasted Potatoes Diced Pears	Beef Burgundy Fettuccini Asparagus	Adobo Chicken Cilantro Brown Rice Blended Vegetables	Fish Sticks Corn Green Beans	Turkey Ham with Pineapple Sauce Roasted Potatoes Green Beans	Turkey Enchilada Pasta Zucchini	Chicken Mole Mashed Sweet Potatoes Broccoli
12/27-1/2/25	Lemon Pepper Fish Roasted Potatoes Okra and Stewed Tomatoes	Chicken Strips in Basil Pesto Cream Sauce Penne Broccoli	Beef Picadillo Roasted Sweet Potatoes Kale	Chicken and Vegetable Dumplings Rice Broccoli and Red Peppers			

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.