

February 2025

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				
1/31-2/6	Fajita Chicken Spanish Rice Pepper and Peas	Fish Sticks Corn Green Beans	Chicken Mole Mashed Sweet Potatoes Broccoli	Fall Roasted Bean Bowl Polenta Spinach	Beef Burgundy Fettuccini Asparagus	Cheese Omelet with Onions and Peppers Red Roasted Potatoes Diced Pears	Chicken Parmesan Pasta Broccoli
2/7-2/13	Chicken Strips in Basil Pesto Cream Sauce Penne Broccoli	Lemon Pepper Fish Roasted Potatoes Okra and Stewed Tomatoes	Turkey Teriyaki Brown Rice Oriental Vegetables	Beef Picadillo Roasted Sweet Potatoes Kale	Stuffed Shells Italian Vegetables	Chicken Francese Brown Rice Green Beans	BBQ Meatballs Mac and Cheese Broccoli
2/14-2/20	Beef Hamburger Seasoned Diced Potatoes Green Beans	Manicotti with Tomato Sauce and Cheese Spinach	Turkey Chili Roasted Sweet Potatoes Brussel Sprouts President's Day	Organic Veggie Burger Black Beans and Tomatoes Cauliflower	Lemon Pepper Fish Rice Pilaf Mixed Vegetables	Meatloaf with Gravy Mashed Potatoes Carrots	Chicken Parmesan Pasta Broccoli
2/21-2/27	Crusted Fish Macaroni and Cheese Brussel Sprouts	Beef in Mushroom Gravy Roasted Potatoes Carrots	Chicken Milanese Pasta Mixed Vegetables	Turkey Cacciatore Rice Pilaf Onions and Peppers	Seasoned Pork Sweet Potatoes Oriental Vegetables	Chicken Breast with Chicken Gravy Mashed Potatoes Spinach	Vegetarian Chili Brown Rice Broccoli
2/28-3/6	Cheesy Cream of Chicken Rice Asparagus	Beef and Broccoli Lo Mein Noodles Oriental Vegetables	Chicken/ Vegetable Dumplings with Asian Sauce Brown Rice Broccoli and Red Peppers	Fettuccini Alfredo Peas Carrots	Chicken Marsala Rice Pilaf Brussel Sprouts	French Toast with Turkey Sausage Roasted Potatoes Strawberries	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.

February Celebrations:

