

# December 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**

**1 Dill Crusted Fish**  
Mashed Potatoes  
Zucchini

**2 Beef Stew**  
Rice Pilaf  
Blended Vegetables

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

**4 Sweet and Sour Beef Meatballs**  
Rice Pilaf  
Oriental Vegetables

**5 Chicken Parmesan**  
Pasta  
Broccoli

**6 Harvest Blend Ratatouille**  
Barley  
Brussel Sprouts

**7 Turkey Cacciatore**  
Brown Rice  
Onions and Peppers

**8 Eggplant Parmesan**  
Kale  
Carrots

**9 Turkey Chili**  
Sweet Potatoes  
Brussel Sprouts

**10 Caribbean Pineapple Chicken**  
Rice  
Blended Vegetables

**11 Seasoned Pork**  
Mashed Sweet Potatoes  
Oriental Vegetables

**12 Vegetable Lasagna with Bechamel Sauce**  
Zucchini and Stewed Tomatoes

**13 Broccoli Stuffed Chicken and Cheese**  
Mashed Potatoes  
Spinach

**14 Fettuccini Alfredo**  
Peas  
Carrots

**15 Chicken with Country Gravy**  
Mashed Potatoes  
Collard Greens

**16 Protein Pasta a La Vodka**  
Zucchini and Stewed Tomatoes

**17 Balsamic Chicken**  
Roasted Potatoes  
Green Beans

**18 Vegetarian Chili**  
Brown Rice  
Broccoli

**19 Sweet Sausage**  
Red Skin Potatoes  
Peppers and Onions

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

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

**22 Beef Burgundy**  
Fettuccini  
Asparagus

**23 Adobo Chicken**  
Cilantro Brown Rice  
Blended Vegetables

**24 Fish Sticks**  
Corn  
Green Beans

**25 Turkey Ham with Pineapple Sauce**  
Roasted Potatoes  
Green Beans

**26 Turkey Enchilada**  
Pasta  
Zucchini

**27 Chicken Mole**  
Mashed Sweet Potatoes  
Broccoli

**28 Lemon Pepper Fish**  
Roasted Potatoes  
Okra and Stewed Tomatoes

**29 Chicken Strips in Basil Pesto Cream Sauce**  
Penne  
Broccoli

**30 Beef Picadillo**  
Roasted Sweet Potatoes  
Kale

**31 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 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.