



Important to know!

Meals on Wheels delivery may occur anytime between 10 am and 2 pm. Your driver and delivery time may vary. Feel free to call the MOW office after 1 pm if you have not received your meal.

Keeping up with the times:

To make things more convenient for you as our client, if you would like to make a donation for your meals, you can call our office and we can set you up with a credit card payment. This way you do not have to mail us anything!

**Symbol Key**  
(refers to primary entree)

Poultry
























Beef

Vegetarian

**\*\*Menu reflects a standard 5 meals per week plan\*\***

**Frozen Meal Instructions**  
Microwave 5-7 mins or until food reaches 165F. For best heating results, open the film to vent. Stir halfway through cook time.  
If stored in fridge - consume within 3 days  
If stored in freezer - consume within 6 months

**WE DO NOT USE ANY TRANS FAT PRODUCTS IN OUR FOODS.**  
Partial funding provided by SM County Aging & Adult Services, Sequoia Healthcare District, Peninsula Health Care District

June 2022				
<div><div>We are celebrating Nectarines as the fruit of the month! Nectarines originated in China and were developed from the peach by a natural mutation. Nectarine trees live up to 40 years and can reach 30 feet in height.</div><div></div></div>		Wednesday1	Thursday2	Friday3
		<div>Penne w/ Marinara, Steamed Peas, Baby Carrots</div> <div>Apple &amp; Sliced Bread 1% Milk </div>	<div>BBQ Chipped Beef, Veggies, Cowboy Beans</div> <div>Banana &amp; Sliced Bread 1% Milk </div>	<div>Chef's Choice</div> <div>Nectarine &amp; Sliced Bread Serving of Cheese </div>
Monday6	Tuesday7	Wednesday8	Thursday9	Friday10
<div>Barley &amp; Ground Turkey Bell Pepper Skillet, Broccoli, Corn</div> <div>Pear &amp; Sliced Bread 1% Milk </div>	<div>Veggie Fried Rice, Corn, Broccoli</div> <div>Orange &amp; Sliced Bread 1% Milk </div>	<div>Chicken Pozole, Sliced Carrots, Broccoli</div> <div>Apple &amp; Sliced Bread 1% Milk </div>	<div>Meatballs Marinara over Pasta, Basil Zucchini, Corn Medley</div> <div>Banana &amp; Sliced Bread 1% Milk </div>	<div>Vegetarian Stuffed Pepper Skillet, Mixed Vegetables, Curried Cauliflower</div> <div>Orange &amp; Sliced Bread Serving of Cheese </div>
Monday13	Tuesday14	Wednesday15	Thursday16	Friday17
<div>Veggie Enchilada Casserole, Spanish Rice, Green Beans Almondine</div> <div>Pear &amp; Sliced Bread 1% Milk </div>	<div>Chicken Chow Mein, Peas &amp; Corn, Broccoli &amp; Bamboo Shoots</div> <div>Orange &amp; Sliced Bread 1% Milk </div>	<div>Ultimate Franks &amp; Beans, Roasted Red Potatoes, Steamed Broccoli</div> <div>Apple &amp; Sliced Bread 1% Milk </div>	<div>Penne Pasta Primavera, Green Beans, Rainbow Carrots</div> <div>Banana &amp; Sliced Bread 1% Milk </div>	<div>Cheesy Chicken Fajitas Skillet, Pinto Beans, Corn w/ Red Pepper</div> <div>Orange &amp; Sliced Bread Serving of Cheese </div>
Monday20	Tuesday21	Wednesday22	Thursday23	Friday24
<div>Lemon Pepper Chicken, Warm Couscous Salad, Green Beans &amp; Carrots</div> <div>Pear &amp; Sliced Bread 1% Milk </div>	<div>Salisbury Steak &amp; Gravy, Steamed Rice, Broccoli</div> <div>Orange &amp; Sliced Bread 1% Milk </div>	<div>Cheese Tortellini w/ Basil Pesto, Zucchini, Roasted Corn</div> <div>Apple &amp; Sliced Bread 1% Milk </div>	<div>BBQ Beef Spaghetti, Potato Wedges, Green Beans</div> <div>Banana &amp; Sliced Bread 1% Milk </div>	<div>Chicken Cordon Bleu w/ Mustard Sauce, Wild Rice Pilaf, Steamed Spinach</div> <div>Orange &amp; Sliced Bread Serving of Cheese </div>
Monday27	Tuesday28	Wednesday29	Thursday30	<div>Post me on your fridge so I am available when you need me!!</div>
<div>Turkey Mediterranean over Pasta, Peas &amp; Pearl Onions, Steamed Corn</div> <div>Pear &amp; Sliced Bread 1% Milk </div>	<div>Butter Chicken, Steamed Rice, Curried Mixed Vegetables</div> <div>Orange &amp; Sliced Bread 1% Milk </div>	<div>Meatloaf w/ Onion Gravy, Mashed Potatoes, Summer Squash</div> <div>Apple &amp; Sliced Bread 1% Milk </div>	<div>Chicken Verde Tamale, Street Style Corn, Spanish Red Rice</div> <div>Banana &amp; Sliced Bread 1% Milk </div>	
Please give us 48 hours notice to cancel		Ph: (650) 323-2022	Email: mealsonwheels@penvol.org	
Meals are subject to change				