

## 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.

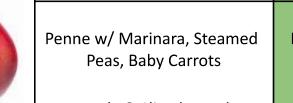
Partial funding provided by SM County Aging & Adult Services, Seguoia Healthcare District, Peninsula Health Care District

# **June 2022**

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.







Wednesday

Apple & Sliced Bread 1% Milk

1

BBQ Chipped Beef, Veggies, **Cowboy Beans** 

**Thursday** 

2

Banana & Sliced Bread 1% Milk

Chef's Choice

**Friday** 

3

10

24

Nectarine & Sliced Bread Serving of Cheese

Monday 6	Tuesday 7	Wednesday 8	Thursday 9	Friday 10
Barley & Ground Turkey Bell Pepper Skillet, Broccoli, Corn	Veggie Fried Rice, Corn, Broccoli	Chicken Pozole, Sliced Carrots, Broccoli	Meatballs Marinara over Pasta, Basil Zucchini, Corn Medley	Vegetarian Stuffed Pepper Skillet, Mixed Vegetables, Curried Cauliflower
Pear & Sliced Bread	Orange & Sliced Bread	Apple & Sliced Bread	Banana & Sliced Bread	Orange & Sliced Bread
1% Milk	1% Milk	1% Milk	Banana & Sliced Bread	Serving of Cheese $$
Monday 13	Tuesday 14	Wednesday 15	Thursday 16	Friday 17

Veggie Enchilada Casserole, Spanish Rice, Green Beans Almondine

Monday

Lemon Pepper Chicken, Warm

**Monday** 

Turkey Mediterranean over

Pasta, Peas & Pearl Onions,

Steamed Corn

Pear & Sliced Bread

1% Milk

Pear & Sliced Bread 1% Milk

20

27

Chicken Chow Mein, Peas & Corn, Broccoli & Bamboo **Shoots** 

Tuesday

**Orange & Sliced Bread** 1% Milk

21

Ultimate Franks & Beans. Roasted Red Potatoes, Steamed Broccoli

Apple & Sliced Bread

Wednesday

Cheese Tortellini w/ Basil

Pesto, Zucchini, Roasted Corn

Meatloaf w/ Onion Gravy,

Mashed Potatoes, Summer

Squash

Apple & Sliced Bread

1% Milk

Penne Pasta Primavera, Green Beans, Rainbow Carrots

Thursday

BBQ Beef Spaghetti, Potato

Wedges, Green Beans

Banana & Sliced Bread

1% Milk

**Thursday** 

Banana & Sliced Bread 1% Milk

23

30

Cheesy Chicken Fajitas Skillet, Pinto Beans, Corn w/ Red Pepper

> Orange & Sliced Bread Serving of Cheese

> > **Friday**

Chicken Cordon Bleu w/ Mustard Sauce, Wild Rice Pilaf, **Steamed Spinach** 

> Orange & Sliced Bread Serving of Cheese

Salisbury Steak & Gravy, Couscous Salad, Green Beans & Steamed Rice, Broccoli Carrots

Pear & Sliced Bread Orange & Sliced Bread 1% Milk 1% Milk

**Tuesday** 28

Butter Chicken, Steamed Rice,

**Curried Mixed Vegetables** 

Orange & Sliced Bread

1% Milk

Apple & Sliced Bread 1% Milk Wednesday

22

Chicken Verde Tamale, Street Style Corn, Spanish Red Rice

Banana & Sliced Bread 1% Milk

Post me on your fridge so I am available when vou need me!!

Please give us 48 hours notice to cancel

Ph: (650) 323-2022

Email: mealsonwheels@penvol.org

Meals are subject to change