

# August 2022

## 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 contribution 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!

## Meal Dates

All meals are frozen after preparation and have a 6-month shelf life. Every meal is labeled with a "consume by" date, which applies so long as you keep the meal in the freezer until you are ready to eat it.

**SYMBOL KEY** (refers to primary entree)

**Poultry**



**Beef**



**Vegetarian**



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

### MEAL REHEATING INSTRUCTIONS

**Microwave 5-7 mins or until food reaches 165 F. For best 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

Monday 1	Tuesday 2	Wednesday 3	Thursday 4	Friday 5
Veggie Fried Rice, Broccoli  Pear & Sliced Bread 1% Milk 	BBQ Chicken over Roasted Potatoes, Cowboy Beans  Orange & Sliced Bread 1% Milk 	Chef's Choice  Apple & Sliced Bread 1% Milk	Pasta w/ Pesto Sauce, Steamed Peas & Baby Carrots  Apple Sauce & Sliced Bread 1% Milk 	Barley & Ground Turkey Bell Pepper Skillet, Broccoli  Peach & Sliced Bread Serving of Cheese 
Monday 8	Tuesday 9	Wednesday 10	Thursday 11	Friday 12
Veggie Enchilada Casserole, Spanish Rice  Pear & Sliced Bread 1% Milk 	Chicken Pozole, Broccoli  Orange & Sliced Bread 1% Milk 	Pasta Bolognese, Basil Zucchini, Corn Medley  Apple & Sliced Bread 1% Milk 	Chicken Chow Mein, Peas & Corn  Apple Sauce & Sliced Bread 1% Milk 	Ultimate Franks & Beans, Steamed Broccoli  Orange & Sliced Bread Serving of Cheese 
Monday 15	Tuesday 16	Wednesday 17	Thursday 18	Friday 19
Chef's Choice (no delivery)  Pear & Sliced Bread 1% Milk	Lemon Pepper Chicken over Warm Couscous Salad, Green Beans & Carrots  Orange & Sliced Bread 1% Milk 	Cheese Tortellini w/ Basil Pesto over Zucchini, Roasted Corn  Apple & Sliced Bread 1% Milk 	Salisbury Steak w/ Gravy over Steamed Rice, Mixed Vegetables  Apple Sauce & Sliced Bread 1% Milk 	Chicken Cordon Bleu w/ Mustard Sauce over Wild Rice Pilaf, Steamed Spinach  Orange & Sliced Bread Serving of Cheese 
Monday 22	Tuesday 23	Wednesday 24	Thursday 25	Friday 26
Chicken and Lentil Stew, Cauliflower  Pear & Sliced Bread 1% Milk 	Mongolian Beef over Brown Rice, Sesame Broccoli  Orange & Sliced Bread 1% Milk 	Chicken Enchilada Casserole, Spanish Rice  Apple & Sliced Bread 1% Milk 	BBQ Beef Pasta, Green Beans  Apple Sauce & Sliced Bread 1% Milk 	Butter Chicken over Steamed Rice, Curried Mixed Veggies  Orange & Sliced Bread Serving of Cheese 
Monday 29	Tuesday 30	Wednesday 31	<p>We are celebrating Peaches as the fruit of the month! The first peaches in the US were planted in Georgia in the 1700s. Peaches are a member of the rose family. Fresh Georgia peaches are only available for 16 weeks every year, from mid-May to August.</p> 	
Roasted Turkey Breast over Mashed Sweet Potatoes, Squash  Pear & Sliced Bread 1% Milk 	Pasta Primavera, Rainbow Carrots  Orange & Sliced Bread 1% Milk 	Cheesy Chicken Fajitas Skillet, Pinto Beans  Apple & Sliced Bread 1% Milk 		

Please give us 48 hours notice to cancel

Ph: (650) 323-2022

Email: mealsonwheels@1pvi.org

**Meals are subject to change due to seasonality and occasional shortages**