



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** 
- Pork** 

****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

December 2022

PVI Meals on Wheels will be closed for business on Monday, December 26. There will be no change to meal delivery schedules. Meals will be delivered on Tuesday, December 27 and Thursday, December 29 or Wednesday, December 28 and Thursday, December 29, per usual.

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

| Monday 5 | Tuesday 6 | Wednesday 7 | Thursday 8 | Friday 9 |
|---|---|---|--|--|
| Bean & Vegetable Soup, Rice Orange & Sliced Bread 1% Milk <i>(delivered Tuesday and Wednesday)</i> | Veggie-licious Pasta Bolognese, Steamed Spinach Apple & Sliced Bread 1% Milk <i>(delivered Tuesday and Wednesday)</i> | Creamy Chicken Soup, Steamed Spinach Apple Sauce & Sliced Bread 1% Milk <i>(delivered Thursday)</i> | Lemon Chicken & Mixed Vegetable Stir Fry over Rice Juice & Sliced Bread Serving of Cheese <i>(delivered Thursday)</i> | Oven Roasted Fish Fillet over Couscous, Peas & Carrots Dried Fruit & Sliced Bread 1% Milk <i>(delivered Thursday)</i> |
| Monday 12 | Tuesday 13 | Wednesday 14 | Thursday 15 | Friday 16 |
| Vegetarian Three Bean Chili, Cabbage Orange & Sliced Bread 1% Milk <i>(delivered Tuesday and Wednesday)</i> | Chicken Cacciatore over Brown Rice Pilaf, Zucchini Apple & Sliced Bread 1% Milk <i>(delivered Tuesday and Wednesday)</i> | Meatloaf w/ Mushroom Gravy over Sweet Potato Mash, Sautéed Vegetables Apple Sauce & Sliced Bread 1% Milk <i>(delivered Thursday)</i> | Tex-Mex Chicken Casserole over Spanish Cauliflower Rice, Green Beans & Carrots Juice & Sliced Bread Serving of Cheese <i>(delivered Thursday)</i> | Sausage & Vegetable Frittata w/ Tater Tots Dried Fruit & Sliced Bread 1% Milk <i>(delivered Thursday)</i> |
| Monday 19 | Tuesday 20 | Wednesday 21 | Thursday 22 | Friday 23 |
| Baked Ziti, Cauliflower, Vegetable Medley Orange & Sliced Bread 1% Milk <i>(delivered Tuesday and Wednesday)</i> | Hearty Beef Stew w/ Potatoes Apple & Sliced Bread 1% Milk <i>(delivered Tuesday and Wednesday)</i> | Teriyaki Chicken over Steamed Rice, Edamame Apple Sauce & Sliced Bread 1% Milk <i>(delivered Thursday)</i> | Spanish Rice con Pollo w/ Sautéed Vegetables Juice & Sliced Bread Serving of Cheese <i>(delivered Thursday)</i> | Herb Roasted Turkey w/ Gravy over Sweet Potatoes, Peas & Pearl Onions, Dessert Bar Dried Fruit & Sliced Bread 1% Milk <i>(delivered Thursday)</i> |
| Monday 26 | Tuesday 27 | Wednesday 28 | Thursday 29 | Friday 30 |
| Vegetable Goulash, Veggie Medley Orange & Sliced Bread 1% Milk <i>(delivered Tuesday and Wednesday)</i> | Chef's Choice Apple & Sliced Bread 1% Milk <i>(delivered Tuesday and Wednesday)</i> | Baked Chicken Parmigiana over Pasta, Baby Carrots, Broccoli Apple Sauce & Sliced Bread 1% Milk <i>(delivered Thursday)</i> | Chef's Choice Juice & Sliced Bread Serving of Cheese <i>(delivered Thursday)</i> | Chef's Choice Orange & Sliced Bread 1% Milk <i>(delivered Thursday)</i> |

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