



February 2023

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.

PVI Meals on Wheels will be closed on Monday, February 20. There will be no change to meal delivery schedules. Meals will still be delivered on Tuesday 2/21 and Thursday 2/23, or Wednesday 2/22 and Thursday 2/23.





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 
- Poultry 







****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

		Wednesday 1	Thursday 2	Friday 3
		Swedish Meatballs w/ Gravy, Mashed Potato, Green Beans Apple Sauce & Sliced Bread 1% Milk  <i>(delivered Thursday)</i>	Chicken Fajitas with Tomato Rice, Bell Peppers Juice & Sliced Bread Cheese  <i>(delivered Thursday)</i>	Cajun Fish, Roasted Potato, Vegetable Dried Fruit & Sliced Bread 1% Milk <i>(delivered Thursday)</i>
Monday 6	Tuesday 7	Wednesday 8	Thursday 9	Friday 10
Vegetable Coconut Curry, Rice Orange & Sliced Bread 1% Milk  <i>(delivered Tuesday and Wednesday)</i>	Chicken Alfredo over Pasta, Vegetables Apple & Sliced Bread 1% Milk  <i>(delivered Tuesday and Wednesday)</i>	Herb Roasted Fish, Roasted Sweet Potato, Butternut Squash Apple Sauce & Sliced Bread 1% Milk <i>(delivered Thursday)</i>	Pollo Asado, Cilantro Lime Rice, Sautéed Peppers Juice & Sliced Bread Cheese  <i>(delivered Thursday)</i>	Meatloaf with Gravy and Mashed Potatoes, Vegetable Dried Fruit & Sliced Bread 1% Milk  <i>(delivered Thursday)</i>
Monday 13	Tuesday 14	Wednesday 15	Thursday 16	Friday 17
Vegetable Chowder, Green Beans Orange & Sliced Bread 1% Milk  <i>(delivered Tuesday and Wednesday)</i>	Roasted Pork Loin w/ Gravy, Red Potatoes, Brussel Sprouts Apple & Sliced Bread 1% Milk  <i>(delivered Tuesday and Wednesday)</i>	Jerk Chicken, Coconut Rice, Corn Apple Sauce & Sliced Bread 1% Milk  <i>(delivered Thursday)</i>	Brazilian Fish Stew w/ Cilantro Garnish, Peas/Carrots Juice & Sliced Bread Cheese <i>(delivered Thursday)</i>	Mediterranean Chicken, Tumeric Rice, Zucchini/Tomato Dried Fruit & Sliced Bread 1% Milk  <i>(delivered Thursday)</i>
Monday 20	Tuesday 21	Wednesday 22	Thursday 23	Friday 24
Carrot & Lentil Stew, Spinach Orange & Sliced Bread 1% Milk  <i>(delivered Tuesday and Wednesday)</i>	Sausage, Mashed Potatoes, Peas Apple & Sliced Bread 1% Milk  <i>(delivered Tuesday and Wednesday)</i>	Chef's Choice Apple Sauce & Sliced Bread 1% Milk <i>(delivered Thursday)</i>	Chef's Choice Juice & Sliced Bread Cheese <i>(delivered Thursday)</i>	Beef Chili, Corn Dried Fruit & Sliced Bread 1% Milk  <i>(delivered Thursday)</i>
Monday 27	Tuesday 28	February Fun Facts!		Post me on your fridge so I am available when you need me!!
Minestrone Soup, Green Beans Orange & Sliced Bread 1% Milk  <i>(delivered Tuesday and Wednesday)</i>	Chicken Tortilla Soup, Cabbage Apple & Sliced Bread 1% Milk  <i>(delivered Tuesday and Wednesday)</i>	<p>The February zodiac signs are Aquarius (Jan 20-Feb 19) and Pisces (Feb 20-Mar 20).</p> <p>The February birth flower is the violet and the primrose.</p> <p>February is Black History Month.</p> <p>February was once the last month of the calendar year.</p>		

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