



August 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.

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	Tuesday 1	Wednesday 2	Thursday 3	Friday 4
	Herb Roasted Fish, Roasted Sweet Potato, Peas & Carrots Apple & Sliced Bread 1% Milk <i>(delivered Tuesday and Wednesday)</i>	Beef Stroganoff, Egg Noodles, Cauliflower Apple Sauce & Sliced Bread 1% Milk <i>(delivered Thursday)</i>	Baked Chicken Parmesan, Whole Wheat Pasta, Broccoli Banana & Sliced Bread Cheese <i>(delivered Thursday)</i>	Orange Chicken, Rice, Bell Pepper & Onions Dried Fruit & Sliced Bread 1% Milk <i>(delivered Thursday)</i>
Monday 7	Tuesday 8	Wednesday 9	Thursday 10	Friday 11
Vegetable Fried Rice, Broccoli Orange & Sliced Bread 1% Milk <i>(delivered Tuesday and Wednesday)</i>	Meatloaf with Gravy, Mashed Potato, Green Beans Apple & Sliced Bread 1% Milk <i>(delivered Tuesday and Wednesday)</i>	Chicken Enchilada, Spanish Rice, Corn/Peppers Apple Sauce & Sliced Bread 1% Milk <i>(delivered Thursday)</i>	Beef Chili, Corn Banana & Sliced Bread Cheese <i>(delivered Thursday)</i>	Greek Chicken, Turmeric Rice, Spinach Dried Fruit & Sliced Bread 1% Milk <i>(delivered Thursday)</i>
Monday 14	Tuesday 15	Wednesday 16	Thursday 17	Friday 18
Penne Pesto Pasta with Parmesan Cheese, Zucchini Orange & Sliced Bread 1% Milk <i>(delivered Tuesday and Wednesday)</i>	Loco Moco, Rice, Cabbage Apple & Sliced Bread 1% Milk <i>(delivered Tuesday and Wednesday)</i>	Chicken Cordon Bleu, Mashed Potato, Green Beans Apple Sauce & Sliced Bread 1% Milk <i>(delivered Thursday)</i>	Pork Loin Gravy, Roasted Sweet Potato, Squash Medley Banana & Sliced Bread Cheese <i>(delivered Thursday)</i>	Fish and Chips, Peas Dried Fruit & Sliced Bread 1% Milk <i>(delivered Thursday)</i>
Monday 21	Tuesday 22	Wednesday 23	Thursday 24	Friday 25
Chana Masala, Cauliflower Orange & Sliced Bread 1% Milk <i>(delivered Tuesday and Wednesday)</i>	Meatball Marinara, Penne Pasta, Italian Vegetable Medley Apple & Sliced Bread 1% Milk <i>(delivered Tuesday and Wednesday)</i>	Fish Piccata, Orzo, Green Beans Apple Sauce & Sliced Bread 1% Milk <i>(delivered Thursday)</i>	Coq Au Vin, Roasted Potato, Carrots Banana & Sliced Bread Cheese <i>(delivered Thursday)</i>	Vegetable Chow Mein, Snap Peas Dried Fruit & Sliced Bread 1% Milk <i>(delivered Thursday)</i>
Monday 28	Tuesday 29	Wednesday 30	Thursday 31	<p>Post me on your fridge so I am available when you need me!!</p>
Mac and Cheese, Broccoli Orange & Sliced Bread 1% Milk <i>(delivered Tuesday and Wednesday)</i>	Lentil Curry, Cauliflower Apple & Sliced Bread 1% Milk <i>(delivered Tuesday and Wednesday)</i>	Beef Bolognese, Pasta, Garden Vegetable Medley Apple Sauce & Sliced Bread 1% Milk <i>(delivered Thursday)</i>	Arroz Con Pollo, Mushroom and Peppers Banana & Sliced Bread Cheese <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