

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

Fish

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

PVI Meals on Wheels will be closed on Monday, February 19th. There will be no change to meal delivery schedules.		Post me on your fridge so I am available when you need me!!		Thursday 1	Friday 2
				Arroz Con Pollo, Cilantro Rice, Carrots Banana & Sliced Bread Cheese  <i>(delivered Thursday)</i>	Beef Stroganoff, Egg Noodle, Garden Vegetable Medley Dried Fruit & Sliced Bread 1% Milk  <i>(delivered Thursday)</i>
Monday 5	Tuesday 6	Wednesday 7	Thursday 8	Friday 9	
Vegetable Fried Rice w/ Egg, Asian Vegetable blend Orange & Sliced Bread 1% Milk  <i>(delivered Tuesday or Wednesday)</i>	Chicken Burrito Bowl, Roasted Corn/Pepper Medley Apple & Sliced Bread 1% Milk  <i>(delivered Tuesday or Wednesday)</i>	Salisbury Steak, Mashed Potato, Green Beans Apple Sauce & Sliced Bread 1% Milk  <i>(delivered Thursday)</i>	Sausage and Kale Soup, Spinach Banana & Sliced Bread Cheese  <i>(delivered Thursday)</i>	Breaded Fish, Herb Rice, Carrots/Peas Dried Fruit & Sliced Bread 1% Milk  <i>(delivered Thursday)</i>	
Monday 12	Tuesday 13	Wednesday 14	Thursday 15	Friday 16	
Baked Ziti, Italian Mixed Vegetable Orange & Sliced Bread 1% Milk  <i>(delivered Tuesday or Wednesday)</i>	Teriyaki Chicken, Rice, Edamame Apple & Sliced Bread 1% Milk  <i>(delivered Tuesday or Wednesday)</i>	Roasted Pork Loin, Potato, Green Beans Apple Sauce & Sliced Bread 1% Milk  <i>(delivered Thursday)</i>	Beef and Barley Soup, Peas Banana & Sliced Bread Cheese  <i>(delivered Thursday)</i>	Roasted Fish, Couscous, Mixed Vegetables Dried Fruit & Sliced Bread 1% Milk  <i>(delivered Thursday)</i>	
Monday 19	Tuesday 20	Wednesday 21	Thursday 22	Friday 23	
Vegetable Chowmein, Peppers and Onion Orange & Sliced Bread 1% Milk  <i>(delivered Tuesday or Wednesday)</i>	Roasted Herb Chicken, Rice Pilaf, Broccoli Apple & Sliced Bread 1% Milk  <i>(delivered Tuesday or Wednesday)</i>	Pork Loin w/ Mushroom Gravy, Roasted Potato, Green Beans Apple Sauce & Sliced Bread 1% Milk  <i>(delivered Thursday)</i>	BBQ Meatballs, Mashed Potato, Corn Banana & Sliced Bread Cheese  <i>(delivered Thursday)</i>	Chef's Choice Dried Fruit & Sliced Bread 1% Milk <i>(delivered Thursday)</i>	
Monday 26	Tuesday 27	Wednesday 28	Thursday 29		
Chef's Choice Orange & Sliced Bread 1% Milk  <i>(delivered Tuesday or Wednesday)</i>	Huli Huli Chicken, Rice, Cabbage Apple & Sliced Bread 1% Milk  <i>(delivered Tuesday or Wednesday)</i>	Fish Piccata, Quinoa, Roasted Vegetables Apple Sauce & Sliced Bread 1% Milk  <i>(delivered Thursday)</i>	Chicken Enchilada, Spanish Rice, Corn/Bell 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