



September 2024

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

Monday 2	Tuesday 3	Wednesday 4	Thursday 5	Friday 6
Baked Ziti, Italian Mixed Vegetable Orange & Sliced Bread 1% Milk <i>(delivered Tuesday or Wednesday)</i>	Sausage Potato Obrienne, Succotash Apple & Sliced Bread 1% Milk <i>(delivered Tuesday or Wednesday)</i>	Beef Ravioli, Marinara, Italian Mixed Vegetables Apple Sauce & Sliced Bread 1% Milk <i>(delivered Thursday)</i>	Chicken Teriyaki, Rice, Edamame Banana & Sliced Bread Cheese <i>(delivered Thursday)</i>	Chef's Choice Grape Juice & Sliced Bread 1% Milk <i>(delivered Thursday)</i>
Monday 9	Tuesday 10	Wednesday 11	Thursday 12	Friday 13
Chef's Choice Orange & Sliced Bread 1% Milk <i>(delivered Tuesday or Wednesday)</i>	Roasted Chicken w/ Spanish Rice, Carrots Apple & Sliced Bread 1% Milk <i>(delivered Tuesday or Wednesday)</i>	Beef Bolognese, Penne, Italian Mixed Vegetable Apple Sauce & Sliced Bread 1% Milk <i>(delivered Thursday)</i>	Chicken Cordon Bleu, Mashed Potato, Green Beans Banana & Sliced Bread Cheese <i>(delivered Thursday)</i>	Roasted Fish, Quinoa, Peas/Carrots Grape Juice & Sliced Bread 1% Milk <i>(delivered Thursday)</i>
Monday 16	Tuesday 17	Wednesday 18	Thursday 19	Friday 20
Vegetable Chowder, Green Beans Orange & Sliced Bread 1% Milk <i>(delivered Tuesday or Wednesday)</i>	Teriyaki Meatballs, Rice, Mixed Vegetable Apple & Sliced Bread 1% Milk <i>(delivered Tuesday or Wednesday)</i>	Tuna Noodle Casserole, Mixed Vegetable Apple Sauce & Sliced Bread 1% Milk <i>(delivered Thursday)</i>	Herb Chicken w/ Gravy, Roasted Potato, Garden Vegetable Mix Banana & Sliced Bread Cheese <i>(delivered Thursday)</i>	Beef Ravioli, Marinara, Italian Mixed Vegetable Grape Juice & Sliced Bread 1% Milk <i>(delivered Thursday)</i>
Monday 23	Tuesday 24	Wednesday 25	Thursday 26	Friday 27
Vegetable Chow mein, Asian Blend Vegetable Orange & Sliced Bread 1% Milk <i>(delivered Tuesday or Wednesday)</i>	Beef Stroganoff, Egg Noodle, Broccoli Apple & Sliced Bread 1% Milk <i>(delivered Tuesday or Wednesday)</i>	Sweet and Sour Meatballs, Rice, Mixed Peppers Apple Sauce & Sliced Bread 1% Milk <i>(delivered Thursday)</i>	Arroz Con Pollo, Carrots Banana & Sliced Bread Cheese <i>(delivered Thursday)</i>	Breaded Tilapia, Roasted Potato, Green Beans Grape Juice & Sliced Bread 1% Milk <i>(delivered Thursday)</i>
Monday 30			The Meals on Wheels office will be closed on Monday, September 2nd in observance of Labor day. There will be no changes to your delivery.	
Cheese Tortellini, Marinara, Mixed Vegetable Orange & Sliced Bread 1% Milk <i>(delivered Tuesday or Wednesday)</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