



# December 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
Vegetable and Egg Fried Rice, Broccoli  Orange & Sliced Bread 1% Milk <i>(delivered Tuesday or Wednesday)</i>	Chicken Marsala, Mashed Potato, Green Beans  Apple & Sliced Bread 1% Milk <i>(delivered Tuesday or Wednesday)</i>	Chef's Choice  Apple Sauce & Sliced Bread 1% Milk <i>(delivered Thursday or Friday)</i>	Chef's Choice  Banana & Sliced Bread Cheese <i>(delivered Thursday or Friday)</i>	Chef's Choice  Dried Fruit & Sliced Bread 1% Milk <i>(delivered Thursday or Friday)</i>
Monday 9	Tuesday 10	Wednesday 11	Thursday 12	Friday 13
Macaroni and Cheese, Broccoli  Orange & Sliced Bread 1% Milk <i>(delivered Tuesday or Wednesday)</i>	Bratwurst, Roasted Potato, Mixed Peppers  Apple & Sliced Bread 1% Milk <i>(delivered Tuesday or Wednesday)</i>	Orange Chicken, Rice, Asian Blend Vegetables  Apple Sauce & Sliced Bread 1% Milk <i>(delivered Thursday or Friday)</i>	Herbed Roasted Fish, Mixed Grains, Mixed Grilled Vegetables  Banana & Sliced Bread Cheese <i>(delivered Thursday or Friday)</i>	Swedish Meatballs, Mashed Potato Green Beans  Dried Fruit & Sliced Bread 1% Milk <i>(delivered Thursday or Friday)</i>
Monday 16	Tuesday 17	Wednesday 18	Thursday 19	Friday 20
Cheese Omelet, Tater Tots, Chuckwagon Blend Vegetables  Orange & Sliced Bread 1% Milk <i>(delivered Tuesday or Wednesday)</i>	Chicken Fajitas, Rice, Mixed Peppers  Apple & Sliced Bread 1% Milk <i>(delivered Tuesday or Wednesday)</i>	Fish and Chips, Peas  Apple Sauce & Sliced Bread 1% Milk <i>(delivered Thursday or Friday)</i>	Pork Loin, Roasted Potato, Green beans  Banana & Sliced Bread Cheese <i>(delivered Thursday or Friday)</i>	Loco Moco w/ Gravy, Rice, Spinach  Dried Fruit & Sliced Bread 1% Milk <i>(delivered Thursday or Friday)</i>
Monday 23	Tuesday 24	Wednesday 25	Thursday 26	Friday 27
Cheese Tortellini, Marinara, Italian Mixed Vegetables  Orange & Sliced Bread 1% Milk <i>(delivered Tuesday or Wednesday)</i>	Roasted Chicken w/ Pan Gravy, Rice, Mixed Vegetables  Apple & Sliced Bread 1% Milk <i>(delivered Tuesday or Wednesday)</i>	Holiday Ham, Roasted Potato, Green beans  Apple Sauce & Sliced Bread 1% Milk <i>(delivered Tuesday or Wednesday)</i>	Beef Ravioli w/ Marinara, Italian Mixed Vegetable  Banana & Sliced Bread Cheese <i>(delivered Tuesday or Wednesday)</i>	Cajun Fish, Quinoa, Corn and Peppers  Dried Fruit & Sliced Bread 1% Milk <i>(delivered Tuesday or Wednesday)</i>
Monday 30	Tuesday 31	<p><b>The Meals on Wheels office will be closed and will not deliver meals on Wednesday, December 25th and Wednesday, January 1st. Please see attached note for your Holiday delivery schedule.</b></p>		
Chef's Choice  Orange & Sliced Bread 1% Milk <i>(delivered Tuesday or Wednesday)</i>	Chicken Enchilada, Spanish Rice, Black Beans/Corn  Apple & 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**