



# February 2025

## 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 3	Tuesday 4	Wednesday 5	Thursday 6	Friday 7
Pasta Primavera, Rainbow Carrots  Orange & Sliced Bread 1% Milk <i>(delivered Tuesday or Wednesday)</i>	Jerk Chicken, Coconut Rice, Green Beans  Apple & Sliced Bread 1% Milk <i>(delivered Tuesday or Wednesday)</i>	Beef Stroganoff, Egg Noodles, Peas  Apple Sauce & Sliced Bread 1% Milk <i>(delivered Thursday or Friday)</i>	Roasted Fish, Sweet Potato, Mixed Vegetables  Banana & Sliced Bread Cheese <i>(delivered Thursday or Friday)</i>	Meatloaf w/ Gravy, Roasted Potato, Vegetable Blend  Dried Fruit & Sliced Bread 1% Milk <i>(delivered Thursday or Friday)</i>
Monday 10	Tuesday 11	Wednesday 12	Thursday 13	Friday 14
Egg Fried Rice, Asian Mixed Vegetables  Orange & Sliced Bread 1% Milk <i>(delivered Tuesday or Wednesday)</i>	Glazed Ham, Potato, Broccoli  Apple & Sliced Bread 1% Milk <i>(delivered Tuesday or Wednesday)</i>	Loco Moco, Rice, Spinach  Apple Sauce & Sliced Bread 1% Milk <i>(delivered Thursday or Friday)</i>	Meatball Marinara, Pasta, Italian Mixed Vegetable  Banana & Sliced Bread Cheese <i>(delivered Thursday or Friday)</i>	Fish Piccata, Quinoa, Mixed Vegetables  Dried Fruit & Sliced Bread 1% Milk <i>(delivered Thursday or Friday)</i>
Monday 17	Tuesday 18	Wednesday 19	Thursday 20	Friday 21
Cheese Tortellini, Marinara, Italian Blend Vegetable  Orange & Sliced Bread 1% Milk <i>(delivered Tuesday or Wednesday)</i>	Beef Burrito Bowl, Cilantro Rice, Mixed Corn/Beans  Apple & Sliced Bread 1% Milk <i>(delivered Tuesday or Wednesday)</i>	Roasted Chicken w/ Pan Gravy, Roasted Potato, Broccoli  Apple Sauce & Sliced Bread 1% Milk <i>(delivered Thursday or Friday)</i>	Pollo Asado, Cilantro Rice, Sautéed Peppers/Onions  Banana & Sliced Bread Cheese <i>(delivered Thursday or Friday)</i>	Lemon Herbed Fish, Quinoa, Peas/Carrots  Dried Fruit & Sliced Bread 1% Milk <i>(delivered Thursday or Friday)</i>
Monday 24	Tuesday 25	Wednesday 26	Thursday 27	Friday 28
Chef's Choice  Orange & Sliced Bread 1% Milk <i>(delivered Tuesday or Wednesday)</i>	Chicken Jambalaya, Corn  Apple & Sliced Bread 1% Milk <i>(delivered Tuesday or Wednesday)</i>	Sausage Skillet with Potato, Mixed Vegetables  Apple Sauce & Sliced Bread 1% Milk <i>(delivered Thursday or Friday)</i>	Salisbury Steak, Mashed Potato, Green Beans  Banana & Sliced Bread Cheese <i>(delivered Thursday or Friday)</i>	Tuna Noodle Casserole, Peas  Dried Fruit & Sliced Bread 1% Milk <i>(delivered Thursday or Friday)</i>

**Post me on your fridge so I am available when you need me!!**



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**