

# March 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
Mac and Cheese Broccoli  Orange & Sliced Bread 1% Milk <i>(delivered Tuesday or Wednesday)</i> ✓	Chicken Teriyaki, Rice, Edamame  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>	Chicken Cacciatore, Brown Rice, Italian Mixed Vegetables  Banana & Sliced Bread Cheese <i>(delivered Thursday or Friday)</i> 🐔	Fish Stew, Chickpeas, Carrots/Peas  Tangerines & Sliced Bread 1% Milk <i>(delivered Thursday or Friday)</i> 🐟
Monday 10	Tuesday 11	Wednesday 12	Thursday 13	Friday 14
Vegetable Chowmein, Peas  Orange & Sliced Bread 1% Milk <i>(delivered Tuesday or Wednesday)</i> ✓	Mediterranean Chicken, Turmeric Rice, Spinach  Apple & Sliced Bread 1% Milk <i>(delivered Tuesday or Wednesday)</i> 🐔	Beef Bolognese, Penne Pasta, Italian Mixed Vegetables  Apple Sauce & Sliced Bread 1% Milk <i>(delivered Thursday or Friday)</i> 🐮	Orange Chicken, Rice, Asian Vegetable Mix  Banana & Sliced Bread Cheese <i>(delivered Thursday or Friday)</i> 🐔	Fish w/ Tomato Basil Sauce, Couscous, Asparagus  Tangerines & Sliced Bread 1% Milk <i>(delivered Thursday or Friday)</i> 🐟
Monday 17	Tuesday 18	Wednesday 19	Thursday 20	Friday 21
Cheese Enchilada, Tomato Rice, Cabbage  Orange & Sliced Bread 1% Milk <i>(delivered Tuesday or Wednesday)</i> ✓	Meatloaf w/ Gravy, Sweet Potato, Garden Vegetable Blend  Apple & Sliced Bread 1% Milk <i>(delivered Tuesday or Wednesday)</i> 🐮	Chicken Fried Rice, Asian Vegetables  Apple Sauce & Sliced Bread 1% Milk <i>(delivered Thursday or Friday)</i> 🐔	Swedish Meatballs, Roasted Potato, Green Beans  Banana & Sliced Bread Cheese <i>(delivered Thursday or Friday)</i> 🐔	Sweet and Sour Fish, Rice, Vegetables  Tangerines & Sliced Bread 1% Milk <i>(delivered Thursday or Friday)</i> 🐟
Monday 24	Tuesday 25	Wednesday 26	Thursday 27	Friday 28
Creamy Mushroom Pasta, Italian Mixed Vegetables  Orange & Sliced Bread 1% Milk <i>(delivered Tuesday or Wednesday)</i> ✓	Chicken Teriyaki, Rice, Edamame  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>	Fish Piccata, Orzo, Spinach  Tangerines & Sliced Bread 1% Milk <i>(delivered Thursday or Friday)</i> 🐟
Monday 31			<p><b>Post me on your fridge so I am available when you need me!!</b></p>	

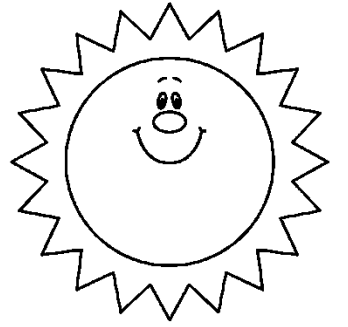
Please give us 48 hours notice to cancel

Ph: (650) 323-2022

Email: mealsonwheels@1pvi.org

**Meals are subject to change due to seasonality and occasional shortages**

# Vitamin D



Vitamin D is good for you!!

Adults need 600-800 International Units (IU) per day.

Vitamin D helps your body absorb calcium from food.

Calcium absorption helps your body build strong bones and teeth.

Good food sources of Vitamin D are fortified dairy products (milk, yogurt) and cod liver oil.

Sunlight helps your body make Vitamin D. Check with your MD regarding the amount of sunlight exposure that's right for you.

## Fill in the blank using the above facts about Vitamin D.

1. Adults need \_\_\_\_\_ International Units (IU) of Vitamin D per day.
2. Vitamin D helps your body absorb \_\_\_\_\_ from food.
3. Calcium absorption helps your body build strong \_\_\_\_\_ and \_\_\_\_\_.
4. \_\_\_\_\_ helps your body make Vitamin D.