



April 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

	Tuesday 1	Wednesday 2	Thursday 3	Friday 4
	BBQ Chicken, Sweet Potato, Broccoli Apple & Sliced Bread 1% Milk <i>(delivered Tuesday and Wednesday)</i>	Beef Fajitas, Rice, Onions/Peppers Apple Sauce & Sliced Bread 1% Milk <i>(delivered Thursday)</i>	Sausage, Skillet Potato, Vegetable Medley Banana & Sliced Bread Cheese <i>(delivered Thursday)</i>	Fish Stew, Rice Fruit Cup & Sliced Bread 1% Milk <i>(delivered Thursday)</i>
Monday 7	Tuesday 8	Wednesday 9	Thursday 10	Friday 11
Vegetable Enchilada Casserole, Spanish Rice Orange & Sliced Bread 1% Milk <i>(delivered Tuesday and Wednesday)</i>	Beef Stew, Barley Apple & Sliced Bread 1% Milk <i>(delivered Tuesday and Wednesday)</i>	Chicken Piccata, Rice Pilaf, Peas/Carrots Apple Sauce & Sliced Bread 1% Milk <i>(delivered Thursday)</i>	Salisbury Steak, Potato, Green Beans Banana & Sliced Bread Cheese <i>(delivered Thursday)</i>	Fish Vera Cruz, Rice, Asparagus Fruit Cup & Sliced Bread 1% Milk <i>(delivered Thursday)</i>
Monday 14	Tuesday 15	Wednesday 16	Thursday 17	Friday 18
Egg Fried Rice, Asian Vegetable Blend Orange & Sliced Bread 1% Milk <i>(delivered Tuesday and Wednesday)</i>	Pulled Pork, Baked Beans, Broccoli Apple & Sliced Bread 1% Milk <i>(delivered Tuesday and Wednesday)</i>	Loco Moco, Rice, Garden Vegetable Blend Apple Sauce & Sliced Bread 1% Milk <i>(delivered Thursday)</i>	Chicken Marsala, Egg Noodles, Capri Blend Vegetables Banana & Sliced Bread Cheese <i>(delivered Thursday)</i>	Lemon Herb Fish, Couscous Pilaf, Grilled Vegetables Fruit Cup & Sliced Bread 1% Milk <i>(delivered Thursday)</i>
Monday 21	Tuesday 22	Wednesday 23	Thursday 24	Friday 25
Penne Pasta Primavera, Italian Mixed Vegetables Orange & Sliced Bread 1% Milk <i>(delivered Tuesday and Wednesday)</i>	Chicken Stew, Rice, Vegetable Blend Apple & Sliced Bread 1% Milk <i>(delivered Tuesday and Wednesday)</i>	Beef Stroganoff, Egg Noodles, Peas/Carrots Apple Sauce & Sliced Bread 1% Milk <i>(delivered Thursday)</i>	BBQ Meatballs, Roasted Potato, 5 Way Vegetable Blend Banana & Sliced Bread Cheese <i>(delivered Thursday)</i>	Fish Piccata, Orzo, Cauliflower/Broccoli Fruit Cup & Sliced Bread 1% Milk <i>(delivered Thursday)</i>
Monday 28	Tuesday 29	Wednesday 30	Post me on your fridge so I am available when you need me!!	
Cheese Omelet, Tater Tots, Broccoli Orange & Sliced Bread 1% Milk <i>(delivered Tuesday and Wednesday)</i>	Stir Fry Chicken, Rice, Asian Vegetable Blend Apple & Sliced Bread 1% Milk <i>(delivered Tuesday and Wednesday)</i>	Marinara Meatballs, Spaghetti, Italian Blend Vegetable Apple Sauce & Sliced Bread 1% Milk <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