

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

		Post me on your fridge so I am available when you need me!!		Thursday 1	Friday 2
				Beef Stew, Barley, Peas and Carrots Banana & Sliced Bread Cheese  <i>(delivered Thursday or Friday)</i>	Chef's Choice Fruit Of the Day & Sliced Bread 1% Milk <i>(delivered Thursday or Friday)</i>
Monday 5	Tuesday 6	Wednesday 7	Thursday 8	Friday 9	
Baked Ziti w/ Mushroom, Italian Vegetable Medley Orange & Sliced Bread 1% Milk  <i>(delivered Tuesday or Wednesday)</i>	Greek Chicken, Turmeric Rice, Spinach Apple & Sliced Bread 1% Milk  <i>(delivered Tuesday or Wednesday)</i>	Salisbury Steak, Roasted Potato, Broccoli Apple Sauce & Sliced Bread 1% Milk  <i>(delivered Thursday or Friday)</i>	Sweet and Sour Meatballs, Rice, Asian Vegetable Blend Banana & Sliced Bread Cheese  <i>(delivered Thursday or Friday)</i>	Chef's Choice Fruit of the Day& Sliced Bread 1% Milk <i>(delivered Thursday or Friday)</i>	
Monday 12	Tuesday 13	Wednesday 14	Thursday 15	Friday 16	
Chef's Choice Orange & Sliced Bread 1% Milk <i>(delivered Tuesday or Wednesday)</i>	Italian Meatballs w/ Marinara, Penne Pasta, Italian Vegetable Mix Apple & Sliced Bread 1% Milk  <i>(delivered Tuesday or Wednesday)</i>	Chicken Cordon Bleu, Roasted Potato, Green Beans 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 Fruit of the Day& Sliced Bread 1% Milk <i>(delivered Thursday or Friday)</i>	
Monday 19	Tuesday 20	Wednesday 21	Thursday 22	Friday 23	
Creamy Mushroom Sauce w/ Penne, Italian Mixed Vegetables Orange & Sliced Bread 1% Milk  <i>(delivered Tuesday or Wednesday)</i>	Chicken Stew, Potato, 4 Way Vegetable Blend Apple & Sliced Bread 1% Milk  <i>(delivered Tuesday or Wednesday)</i>	Chicken Alfredo, Penne Pasta, Italian Mixed Vegetables Apple Sauce & Sliced Bread 1% Milk  <i>(delivered Thursday or Friday)</i>	Broccoli Beef, Rice Banana & Sliced Bread Cheese  <i>(delivered Thursday or Friday)</i>	Salmon Piccata, Sweet Potato, Garden Vegetable Blend Fruit of the Day & Sliced Bread 1% Milk  <i>(delivered Thursday or Friday)</i>	
Monday 26	Tuesday 27	Wednesday 28	Thursday 29	Friday 30	
Carrots and Lentil Soup, Peas Orange & Sliced Bread 1% Milk  <i>(delivered Tuesday or Wednesday)</i>	Swedish Meatballs, Mashed Potato, Green Beans Apple & Sliced Bread 1% Milk  <i>(delivered Tuesday or Wednesday)</i>	Pork Chili Verde, Rice, Mixed Vegetables Apple Sauce & Sliced Bread 1% Milk  <i>(delivered Thursday or Friday)</i>	Chicken Fried Rice, Asian Vegetable Blend Banana & Sliced Bread Cheese  <i>(delivered Thursday or Friday)</i>	Fish Vera Cruz, Cilantro, Corn/Beans Fruit of the Day & Sliced Bread 1% Milk  <i>(delivered Thursday or Friday)</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