



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

July 2025

<div>The Meals on Wheels office will be closed and will not deliver on Friday, July 4th. All deliveries will be made beforehand.</div>	Tuesday1	Wednesday2	Thursday3	Friday4
	BBQ Chicken, Roasted Potato, Broccoli  Apple & Sliced Bread 1% Milk <i>(delivered Tuesday or Wednesday)</i>	Beef Bolognese, Pasta, Italian Mixed Vegetables  Apple Sauce & Sliced Bread 1% Milk <i>(delivered Thursday or Friday)</i>	Turkey Skillet, Brown Rice, 5 way Mixed Vegetables  Banana & Sliced Bread Cheese <i>(delivered Thursday or Friday)</i>	Creamy Tuscan Salmon, Bowtie Pasta, Mixed Vegetables  Dried Fruit & Sliced Bread 1% Milk <i>(delivered Thursday or Friday)</i>
	Monday7	Tuesday8	Wednesday9	Thursday10
	Egg Fried Rice, Asian Vegetable Blend  Orange & Sliced Bread 1% Milk <i>(delivered Tuesday or Wednesday)</i>	Beef Bourguignon, Roasted Potato, 4 Way Blend Vegetables  Apple & Sliced Bread 1% Milk <i>(delivered Tuesday or Wednesday)</i>	Chicken Cordon Bleu, Mashed 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>
	Monday14	Tuesday15	Wednesday16	Thursday17
	Cheese Enchilada, Spanish Rice, Corn and Beans  Orange & Sliced Bread 1% Milk <i>(delivered Tuesday or Wednesday)</i>	Loco Moco, Brown Rice, Cabbage  Apple & Sliced Bread 1% Milk <i>(delivered Tuesday or Wednesday)</i>	Coq Au vin, Roasted Potato, Prince Edward Mixed 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>
	Monday21	Tuesday22	Wednesday23	Thursday24
	Cheese Tortellini, Marinara, Italian Mixed Vegetables  Orange & Sliced Bread 1% Milk <i>(delivered Tuesday or Wednesday)</i>	Chicken Apple Sausage, Tater Tots, Succotash  Apple & Sliced Bread 1% Milk <i>(delivered Tuesday or Wednesday)</i>	Pork Loin w/ Gravy, Roasted Potato, 4 way Mixed Vegetables  Apple Sauce & Sliced Bread 1% Milk <i>(delivered Thursday or Friday)</i>	Chicken Fried Rice, Broccoli  Banana & Sliced Bread Cheese <i>(delivered Thursday or Friday)</i>
	Monday28	Tuesday29	Wednesday30	Thursday31
	Vegetable Chowmein, Asian Mixed Vegetables  Orange & Sliced Bread 1% Milk <i>(delivered Tuesday or Wednesday)</i>	Jerk Chicken, Coconut Rice, Roasted Corn  Apple & Sliced Bread 1% Milk <i>(delivered Tuesday or Wednesday)</i>	Beef Stroganoff, Egg Noodles, Peas/Carrots  Apple Sauce & Sliced Bread 1% Milk <i>(delivered Thursday or Friday)</i>	Chicken Fajitas, Cilantro Rice, Peppers/Onions  Banana & Sliced Bread Cheese <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**

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