



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


August 2025

The Meals on Wheels office will be closed on Monday, September 1st in observance of Labor Day. There will be no changes to deliveries.

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


Friday 1

Lemon Garlic Salmon, Quinoa, Grilled Vegetables

Avocado & Sliced Bread
1% Milk 
(delivered Thursday and Friday)


Monday 4

Mushroom Alfredo, Penne Pasta, Italian Mixed Vegetables

Orange & Sliced Bread
1% Milk 
(delivered Tuesday and Wednesday)


Tuesday 5

Meatloaf w/ Gravy, Roasted Potato, Green Beans

Apple & Sliced Bread
1% Milk 
(delivered Tuesday and Wednesday)

Wednesday 6

Chicken Enchilada, Spanish Rice, Corn/Peppers

Apple Sauce & Sliced Bread
1% Milk 
(delivered Thursday)


Thursday 7

Beef Ravioli, Marinara, 5 Way Vegetable Blend

Banana & Sliced Bread
Cheese 
(delivered Thursday and Friday)


Friday 8

Sweet and Sour Salmon, Rice, Asian Mixed Vegetables

Avocado & Sliced Bread
1% Milk 
(delivered Thursday and Friday)


Monday 11

Mushroom Cheese Omelet, Tater Tots, Peas and Carrots

Orange & Sliced Bread
1% Milk 
(delivered Tuesday and Wednesday)


Tuesday 12

Southwest Chicken, Cilantro Rice, Roasted Corn

Apple & Sliced Bread
1% Milk 
(delivered Tuesday and Wednesday)


Wednesday 13

Beef Stew, Brown Rice, Green Beans

Apple Sauce & Sliced Bread
1% Milk 
(delivered Thursday and Friday)


Thursday 14

Sausage Skillet w/ Potato, Capri Blend Vegetables

Banana & Sliced Bread
Cheese 
(delivered Thursday and Friday)


Friday 15

Salmon Piccata, Sweet Potato, Garden Vegetable Blend

Avocado & Sliced Bread
1% Milk 
(delivered Thursday and Friday)


Monday 18

Egg Fried Rice, Asian Blend Vegetables

Orange & Sliced Bread
1% Milk 
(delivered Tuesday and Wednesday)


Tuesday 19

Creamy Mushroom Chicken, Penne Pasta, Italian Vegetable Blend

Apple & Sliced Bread
1% Milk 
(delivered Tuesday and Wednesday)

Wednesday 20

Mediterranean Chicken, Turmeric Rice, Spinach

Apple Sauce & Sliced Bread
1% Milk 
(delivered Thursday and Friday)


Thursday 21

Meatball Marinara, Spaghetti, Biscayne Blend Vegetable

Banana & Sliced Bread
Cheese 
(delivered Thursday and Friday)


Friday 22

Salmon Teriyaki, Barley, Edamame

Avocado & Sliced Bread
1% Milk 
(delivered Thursday and Friday)


Monday 25

Macaroni and Cheese, Broccoli

Orange & Sliced Bread
1% Milk 
(delivered Tuesday and Wednesday)


Tuesday 26

Huli Huli Chicken, Brown Rice, Spinach

Apple & Sliced Bread
1% Milk 
(delivered Tuesday and Wednesday)

Wednesday 27

Chicken Apple Sausage, Roasted Potato, Roasted Peppers/Onions

Apple Sauce & Sliced Bread
1% Milk 
(delivered Thursday and Friday)


Thursday 28

Beef Bolognese, Rotini Pasta, Italian Vegetable Blend

Banana & Sliced Bread
Cheese 
(delivered Thursday and Friday)

Friday 29

Roasted Tilapia, Rice, Grilled Vegetable

Avocado & Sliced Bread
1% Milk 
(delivered Thursday and Friday)

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