

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

| October 2025  |  | Wednesday 1   | Thursday 2   | Friday 3  |
|---|--|---|--|---|
|   |  | Jerk Chicken, Coconut Rice, Corn<br><br>Apple Sauce & Sliced Bread<br><small>(delivered Thursday and Friday)</small>                                       | Roasted Pork Loin w/ Gravy, Roasted Potato, Green Beans<br><br>Banana & Sliced Bread Cheese<br><small>(delivered Thursday and Friday)</small>     | Fish Piccata, Rice, Garden Vegetable Blend<br><br>Fruit Cup & Sliced Bread 1% Milk<br><small>(delivered Thursday and Friday)</small>                       |
| Monday 6  | Tuesday 7  | Wednesday 8   | Thursday 9   | Friday 10   |
| Macaroni and Cheese Broccoli<br><br>Orange & Sliced Bread 1% Milk<br><small>(delivered Tuesday and Wednesday)</small>                               | Loco Moco, Rice, Spinach<br><br>Apple & Sliced Bread 1% Milk<br><small>(delivered Tuesday and Wednesday)</small>                            | Chicken Teriyaki, Rice, Edamame<br><br>Apple Sauce & Sliced Bread 1% Milk<br><small>(delivered Thursday and Friday)</small>                                | Meatball Marinara, Rotini Pasta, 4 Way Blend Vegetables<br><br>Banana & Sliced Bread Cheese<br><small>(delivered Thursday and Friday)</small>     | Roasted Fish, Couscous, Green Beans<br><br>Fruit Cup & Sliced Bread 1% Milk<br><small>(delivered Thursday and Friday)</small>                              |
| Monday 13   | Tuesday 14   | Wednesday 15  | Thursday 16  | Friday 17   |
| Cheese Enchilada, Spanish Rice, Corn and Peppers<br><br>Orange & Sliced Bread 1% Milk<br><small>(delivered Tuesday and Wednesday)</small>         | Chicken Stew, Roasted Potato, Peas<br><br>Apple & Sliced Bread 1% Milk<br><small>(delivered Tuesday and Wednesday)</small>                | Beef Stroganoff, Egg Noodles, Scandanavian Blend Vegetables<br><br>Apple Sauce & Sliced Bread 1% Milk<br><small>(delivered Thursday and Friday)</small>  | Turkey Skillet, Rice, Green Beans<br><br>Banana & Sliced Bread Cheese<br><small>(delivered Thursday and Friday)</small>                         | Cajun Fish, Roasted Sweet Potato, Chuckwagon Blend Vegetables<br><br>Fruit Cup & Sliced Bread 1% Milk<br><small>(delivered Thursday and Friday)</small>  |
| Monday 20   | Tuesday 21   | Wednesday 22  | Thursday 23  | Friday 24   |
| Egg Fried Rice, Broccoli<br><br>Orange & Sliced Bread 1% Milk<br><small>(delivered Tuesday and Wednesday)</small>                                 | Beef Burrito Bowl, Cilantro Rice, Beans and Corn<br><br>Apple & Sliced Bread 1% Milk<br><small>(delivered Tuesday and Wednesday)</small>  | BBQ Chicken, Tater Tots, Vegetable Blend<br><br>Apple Sauce & Sliced Bread 1% Milk<br><small>(delivered Thursday and Friday)</small>                     | Swedish Meatballs, Mashed Potato, Green Beans<br><br>Banana & Sliced Bread Cheese<br><small>(delivered Thursday and Friday)</small>             | Herb Roasted Fish, Rice Pilaf, Asparagus<br><br>Fruit Cup & Sliced Bread 1% Milk<br><small>(delivered Thursday and Friday)</small>                       |
| Monday 27   | Tuesday 28   | Wednesday 29  | Thursday 30  | Friday 31   |
| Mushroom Alfredo, Penne Pasta, Italian Blend Vegetables<br><br>Orange & Sliced Bread 1% Milk<br><small>(delivered Tuesday and Wednesday)</small>  | Chicken Cacciatore, Roasted Potato, Spinach<br><br>Apple & Sliced Bread 1% Milk<br><small>(delivered Tuesday and Wednesday)</small>       | Stir Fry Beef, Rice, Asian Blend Vegetables<br><br>Apple Sauce & Sliced Bread 1% Milk<br><small>(delivered Thursday and Friday)</small>                  | Meatloaf w/ Gravy, Herb Roasted Potato, Peas and Carrots<br><br>Banana & Sliced Bread Cheese<br><small>(delivered Thursday and Friday)</small>  | Brazilian Fish Stew, Rice, Zucchini<br><br>Fruit Cup & Sliced Bread 1% Milk<br><small>(delivered Thursday and Friday)</small>                            |

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 B12

- Vitamin B12 is a nutrient that helps your body produce DNA, maintain healthy blood and nerve cells & regulate mood and behavior
- The body doesn't produce vitamin B12 on its own, so it must be obtained through food & drinks
  - Sources: animal products like meat, dairy & eggs as well as fortified foods like certain cereals, bread & nutritional yeast
  - *Daily requirement*: adults need around 2.4 mcg vitamin B12 per day
  - Symptoms of vitamin B12 deficiency: headaches, fatigue, muscle weakness, lack of appetite, unintended weight loss, pale skin, heart palpitations & neurological symptoms
- When you're in your 60s, you should start getting blood tests to test for vitamin B12 deficiency
  - Consciously eat foods that contain it & take supplements

Test your knowledge! Fill in the blank:

1. Vitamin B12 can be found in animal products and \_\_\_\_\_.
2. Adults need around \_\_\_\_ mcg of vitamin B12 a day.
3. You should start getting tested for vitamin B12 deficiency in your \_\_\_\_\_.

Answer Key: 1. fortified foods 2. 2.4 3. 60s

