



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

November 2025

Monday 3	Tuesday 4	Wednesday 5	Thursday 6	Friday 7
Minestrone Soup, Green Beans Orange & Sliced Bread 1% Milk (delivered Tuesday or Wednesday) ✓	Chicken Burrito Bowl, Spanish Rice, Corn/Beans Apple & Sliced Bread 1% Milk (delivered Tuesday or Wednesday) 🐔	Sausage and Potato Obrienne, Chuckwagon Blend Vegetables Apple Sauce & Sliced Bread 1% Milk (delivered Thursday or Friday) 🐷	Beef Stew, Rice, Peas Banana & Sliced Bread Cheese (delivered Thursday or Friday) 🐮	Roasted Fish, Roasted Sweet Potato, Spinach Dried Fruit & Sliced Bread 1% Milk (delivered Thursday or Friday) 🐟
Monday 10	Tuesday 11	Wednesday 12	Thursday 13	Friday 14
Cheese Enchilada, Spanish Rice, 3 way California Blend Vegetables Orange & Sliced Bread 1% Milk (delivered Tuesday or Wednesday) ✓	Herb Roasted Chicken, Roasted Potato, Butternut Squash Apple & Sliced Bread 1% Milk (delivered Tuesday or Wednesday) 🐔	Beef Piccadillo, Rice, 5 way Blend Vegetables Apple Sauce & Sliced Bread 1% Milk (delivered Thursday or Friday) 🐮	Teriyaki Meatballs, Rice, Asian Vegetable Blend Banana & Sliced Bread Cheese (delivered Thursday or Friday) 🐔	Salmon w/ Creamy Garlic Sauce, Roasted Potato, Asparagus Dried Fruit & Sliced Bread 1% Milk (delivered Thursday or Friday) 🐟
Monday 17	Tuesday 18	Wednesday 19	Thursday 20	Friday 21
Cheese Tortellini, Marinara, Mixed Vegetables Orange & Sliced Bread 1% Milk (delivered Tuesday or Wednesday) ✓	Chicken Noodle Soup, Peas Apple & Sliced Bread 1% Milk (delivered Tuesday or Wednesday) 🐔	Roasted Pork Loin w/ Creamy Garlic Sauce, Roasted Potatoes, Brussel Sprouts Apple Sauce & Sliced Bread 1% Milk (delivered Thursday or Friday) 🐷	Chicken Jambalaya, Zucchini Banana & Sliced Bread Cheese (delivered Thursday or Friday) 🐔	Greek Style Salmon, Turmeric Rice, Spinach Dried Fruit & Sliced Bread 1% Milk (delivered Thursday or Friday) 🐟
Monday 24	Tuesday 25	Wednesday 26	Thursday 27	Friday 28
Vegetable Curry, Rice, Green Beans Orange & Sliced Bread 1% Milk (delivered Tuesday or Wednesday) ✓	Meatball Marinara, Pasta, Italian Mixed Vegetables Apple & Sliced Bread 1% Milk (delivered Tuesday or Wednesday) 🐮	Roasted Turkey, Mashed Potato, Green Bean Casserole Apple Sauce & Sliced Bread 1% Milk (delivered Tuesday or Wednesday) 🐔	Roasted Herb Chicken, Rice Pilaf, Fire Roasted Root Vegetables Banana & Sliced Bread Cheese (delivered Tuesday or Wednesday) 🐔	Tuna Noodle Casserole, Peas & Carrots Dried Fruit & Sliced Bread 1% Milk (delivered Tuesday or Wednesday) 🐟
PVI Meals on Wheels will be closed and will not deliver meals on Thursday 11/27 and Friday 11/28. Instead, you will receive 5 meals on your usual Tuesday or Wednesday delivery day.				

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

The Five Food Groups

- The five food groups are: *Fruits, Vegetables, Grains, Protein, Dairy*
 - Fruits & veggies should be half of your plate (focus on whole fruits)
 - Half of your grains should be whole grains (greater vitamins, minerals & fiber)
 - Vary your protein routine (different sources)
 - Dairy can come in the forms of cow, lactose-free, and plant
- Vegetables = dark green, red & orange, starchy, legumes, “other” (artichokes, cauliflower) – *largest portion*
- Fruits = citrus, berries, grown on trees, “other” (melons, currants)
- Grains = wheat, rye, rice & other cereal grains – *largest portion*
 - Whole grains = whole wheat, whole oats, whole bulgar (cracked wheat), whole cornmeal
- Protein = lean (low fat) meats & poultry, seafood, eggs, beans, nuts, seeds
- Dairy = yogurt, cheese, pudding, milk (low-fat/fat free dairy, lactose-free, fortified soy)



Test your knowledge! Fill in the blank:

1. _____ and _____ should make up the largest part of your plate.
2. Half of your grains should be _____.
3. _____ is the healthiest plant dairy.

Answer Key: 1. Vegetables, grains 2. whole grains 3. Fortified soy