



July 2026

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.

Meal Reheating Suggestions

For best results, defrost your meal in the refrigerator for 48 hours prior to heating. Microwave for 3-5 minutes stirring halfway through. If frozen, heat for 7-10 minutes stirring halfway through. Ensure your meal is heated through (165 F) before eating.

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****



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

<p style="color: red; text-align: center;">The PVI Meals on Wheels office will be closed Friday, July 3rd.</p>		Wednesday 1	Thursday 2	Friday 3
		Pork Stew, Barley, Mixed Vegetables Apple Sauce & Sliced Bread Cheese <i>(delivered Tuesday or Wednesday)</i>	Jerk Chicken, Coconut Rice, Corn Banana & Sliced Bread 1% Milk <i>(delivered Thursday or Friday)</i>	Lemon Garlic Fish, Quinoa, Green Beans Dried Fruit & Sliced Bread 1% Milk <i>(delivered Thursday or Friday)</i>
Monday 6	Tuesday 7	Wednesday 8	Thursday 9	Friday 10
Vegetable Chowder, Peas Orange & Sliced Bread 1% Milk <i>(delivered Tuesday or Wednesday)</i>	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 Cheese <i>(delivered Tuesday or Wednesday)</i>	Chef's Choice Banana & Sliced Bread 1% Milk <i>(delivered Thursday or Friday)</i>	Chef's Choice Dried Fruit & Sliced Bread 1% Milk <i>(delivered Thursday or Friday)</i>
Monday 13	Tuesday 14	Wednesday 15	Thursday 16	Friday 17
Vegetable Chowmein w/ Tofu, Asian Mixed Vegetables Orange & Sliced Bread 1% Milk <i>(delivered Tuesday or Wednesday)</i>	Coq Au Vin, Roasted Potato, Prince Edward Mixed Vegetables Apple & Sliced Bread 1% Milk <i>(delivered Tuesday or Wednesday)</i>	Loco Moco, Brown Rice, Spinach Apple Sauce & Sliced Bread Cheese <i>(delivered Tuesday or Wednesday)</i>	Swedish Meatballs, Mashed Potato, Green Beans Banana & Sliced Bread 1% Milk <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>
Monday 20	Tuesday 21	Wednesday 22	Thursday 23	Friday 24
Mac and Cheese, Broccoli Orange & Sliced Bread 1% Milk <i>(delivered Tuesday or Wednesday)</i>	Beef Stew, Potato, Peas Apple & Sliced Bread 1% Milk <i>(delivered Tuesday or Wednesday)</i>	Chicken Alfredo, Penne Pasta, Italian Blend Vegetables Apple Sauce & Sliced Bread Cheese <i>(delivered Tuesday or Wednesday)</i>	Salisbury Steak, Mashed Potato, 4 way Mixed Vegetables Banana & Sliced Bread 1% Milk <i>(delivered Thursday or Friday)</i>	Salmon Teriyaki, Brown Rice, Edamame Dried Fruit & Sliced Bread 1% Milk <i>(delivered Thursday or Friday)</i>
Monday 27	Tuesday 28	Wednesday 29	Thursday 30	Friday 31
Vegetable Curry, Rice, Cauliflower Orange & Sliced Bread 1% Milk <i>(delivered Tuesday or Wednesday)</i>	Garlic Herb Pork Tenderloin w/ Gravy, Roasted Potato, Green Beans Apple & Sliced Bread 1% Milk <i>(delivered Tuesday or Wednesday)</i>	Beef Stroganoff, Egg Noodles, Peas Apple Sauce & Sliced Bread Cheese <i>(delivered Tuesday or Wednesday)</i>	Chicken Fried Rice, Asian Blend Vegetables Banana & Sliced Bread 1% Milk <i>(delivered Thursday or Friday)</i>	Roasted Cajun Fish, Roasted Sweet Potato, Succotash Dried Fruit & 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

Top 10 Reasons to Eat Fruits & Veggies

10. Add color, texture, and appeal to your plate.
9. Are nutritious and ready when you are!
8. Provide fiber that helps fill you up and keeps your digestive system happy.
7. Are naturally low in calories.
6. Reduce the risk of heart disease, high blood pressure, and some cancers.

5. Rich in vitamins and minerals, such as vitamins A and C, calcium, iron, and potassium, which help you feel healthy and energized.
4. Available in quite a variety and every season brings something new to try!
3. Are nature's treat and easy to grab for a nutritious snack.
2. Comes in variety. Some crunch, some are juicy, some you peel, and some you grow in your own backyard.
1. Fruits and vegetables are nutritious AND delicious

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S U T M S L Z K K G F U B S E Z N W C
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Y T E I R A V H Y M F H M L A O H U X
D F P U P T P K K V E L E S S C C U T
F H J K E C M Y B V F D E Q Y S P U F
T Y K R T E H J S G N T U U W X U I R
N G N U O J S U S M Y S R U S N Y C R
J T B W R G N V V Y G M T M P P E O Y
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Word Bank

- CALORIES
- COLOR
- CONVENIENCE
- DELICIOUS
- DISEASE
- FIBER
- FUNSNACKS
- MINERALS
- TEXTURE

- Variety
- Vitamins