



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

August 2026

Monday3	Tuesday4	Wednesday5	Thursday6	Friday7
Mushroom Alfredo, Penne Pasta, Italian Mixed Vegetables Orange & Sliced Bread 1% Milk <i>(delivered Tuesday or Wednesday)</i> ✓	Beef Burrito Bowl, Spanish Rice, Corn and Peppers Apple & Sliced Bread 1% Milk <i>(delivered Tuesday or Wednesday)</i> 🐮	Chicken Marsala, Egg Noodles, Peas Apple Sauce & Sliced Bread Cheese <i>(delivered Tuesday or Wednesday)</i> 🐔	Meatloaf, Mashed Potato, Green Beans Banana & Sliced Bread 1% Milk <i>(delivered Thursday or Friday)</i> 🐮	Brazilian Fish Stew, Rice, 5 way Blend Dried Fruit & Sliced Bread 1% Milk <i>(delivered Thursday or Friday)</i> 🐟
Monday10	Tuesday11	Wednesday12	Thursday13	Friday14
Cheese Enchilada, Spanish Rice, Corn and Peppers 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> 🐮	Greek Chicken, Turmeric Rice, Spinach Apple Sauce & Sliced Bread Cheese <i>(delivered Tuesday or Wednesday)</i> 🐔	Meatball Marinara, Pasta, Peas and Carrots Banana & Sliced Bread 1% Milk <i>(delivered Thursday or Friday)</i> 🐷	Honey Garlic Salmon, Rice Pilaf, Capri Blend Vegetables Dried Fruit & Sliced Bread 1% Milk <i>(delivered Thursday or Friday)</i> 🐟
Monday17	Tuesday18	Wednesday19	Thursday20	Friday21
Egg Fried Rice, Asian Blend Vegetables Orange & Sliced Bread 1% Milk <i>(delivered Tuesday or Wednesday)</i> ✓	Biscuits and Sausage Gravy, Broccoli Apple & Sliced Bread 1% Milk <i>(delivered Tuesday or Wednesday)</i> 🐷	Huli Huli Chicken, Rice, 5 way Mix Vegetables Apple Sauce & Sliced Bread Cheese <i>(delivered Tuesday or Wednesday)</i> 🐔	Beef Ravioli, Marinara, Italian Mixed Vegetables Banana & Sliced Bread 1% Milk <i>(delivered Thursday or Friday)</i> 🐮	Fish Piccata, Orzo, Garden Vegetable Blend Dried Fruit & Sliced Bread 1% Milk <i>(delivered Thursday or Friday)</i> 🐟
Monday24	Tuesday25	Wednesday26	Thursday27	Friday28
Mushroom Bolognese, Pasta, Italian Mixed Vegetables Orange & Sliced Bread 1% Milk <i>(delivered Tuesday or Wednesday)</i> ✓	Southwest Chicken, Cilantro Rice, Grilled Corn Apple & Sliced Bread 1% Milk <i>(delivered Tuesday or Wednesday)</i> 🐔	Turkey Skillet, Roasted Potato, Green Beans Apple Sauce & Sliced Bread Cheese <i>(delivered Tuesday or Wednesday)</i> 🐔	Salisbury Steak, Mashed Potato, Broccoli/Cauliflower Banana & Sliced Bread 1% Milk <i>(delivered Thursday or Friday)</i> 🐮	Old Bay Seasoned Salmon, Sweet Potato, Vegetable Blend Dried Fruit & Sliced Bread 1% Milk <i>(delivered Thursday or Friday)</i> 🐟
Monday31				
Cheese Omelet, Tater Tots, Broccoli Orange & Sliced Bread 1% Milk <i>(delivered Tuesday or Wednesday)</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