



September 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

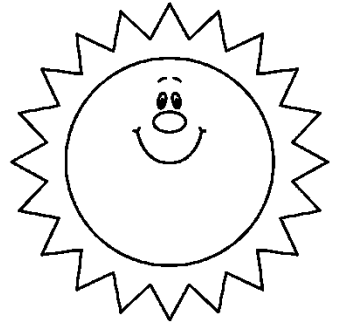
The Meals on Wheels office will be closed on Monday, September 7th.	Tuesday 1	Wednesday 2	Thursday 3	Friday 4
	Chicken Cordon Bleu, Mashed Potato, Green Beans Apple & Sliced Bread 1% Milk  <i>(delivered Tuesday or Wednesday)</i>	Beef Stir Fry, Rice, Asian Mixed Vegetables Apple Sauce & Sliced Bread Cheese  <i>(delivered Tuesday or Wednesday)</i>	Roasted Pork Loin, Roasted Potato, Broccoli Banana & Sliced Bread 1% Milk  <i>(delivered Thursday or Friday)</i>	Lemon Herb Salmon, Quinoa, Vegetable Medley Dried Fruit & Sliced Bread 1% Milk  <i>(delivered Thursday or Friday)</i>
Monday 7	Tuesday 8	Wednesday 9	Thursday 10	Friday 11
Cheese Tortellini, Marinara, Italian Mixed Vegetables Orange & Sliced Bread 1% Milk  <i>(delivered Tuesday or Wednesday)</i>	BBQ Chicken, Mashed Potato, Roasted Corn Apple & Sliced Bread 1% Milk  <i>(delivered Tuesday or Wednesday)</i>	Homestyle Beef and Noodle Casserole, Peas and Carrots Apple Sauce & Sliced Bread Cheese  <i>(delivered Tuesday or Wednesday)</i>	Chicken Katsu, Rice, Edamame Banana & Sliced Bread 1% Milk  <i>(delivered Thursday or Friday)</i>	Fish Vera Cruz, Brown Rice, Mixed Vegetables Dried Fruit & Sliced Bread 1% Milk  <i>(delivered Thursday or Friday)</i>
Monday 14	Tuesday 15	Wednesday 16	Thursday 17	Friday 18
Chef's Choice Orange & Sliced Bread 1% Milk <i>(delivered Tuesday or Wednesday)</i>	Chicken Fajitas, Red Rice, Onions and Peppers Apple & Sliced Bread 1% Milk  <i>(delivered Tuesday or Wednesday)</i>	Sausage Ragu, Pasta, Italian Mixed Vegetables Apple Sauce & Sliced Bread Cheese  <i>(delivered Tuesday or Wednesday)</i>	Roasted Pork w/ Mushroom Gravy, Roasted Potato, Broccoli Banana & Sliced Bread 1% Milk  <i>(delivered Thursday or Friday)</i>	Jerk Salmon, Coconut Rice/Beans, Grilled Vegetables Dried Fruit & Sliced Bread 1% Milk  <i>(delivered Thursday or Friday)</i>
Monday 21	Tuesday 22	Wednesday 23	Thursday 24	Friday 25
Vegetable Chowder, Peas Orange & Sliced Bread 1% Milk  <i>(delivered Tuesday or Wednesday)</i>	Pasilla/Tamarind Chicken, Tomato Rice, Mixed Vegetables Apple & Sliced Bread 1% Milk  <i>(delivered Tuesday or Wednesday)</i>	Beef Bourguignon, Potato, Green Beans Apple Sauce & Sliced Bread Cheese  <i>(delivered Tuesday or Wednesday)</i>	Chicken Noodle Soup, Peas 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 28	Tuesday 29	Wednesday 30	Post me on your fridge so I am available when you need me!!	
Three Bean Chili, Corn Orange & Sliced Bread 1% Milk  <i>(delivered Tuesday or Wednesday)</i>	Swedish Meatballs, Mashed Potato, Green Beans Apple & Sliced Bread 1% Milk  <i>(delivered Tuesday or Wednesday)</i>	Sausage Jambalaya, Succotash Apple Sauce & Sliced Bread Cheese  <i>(delivered Tuesday or Wednesday)</i>		

Meals are subject to change due to seasonality and occasional shortages

Ph: (650) 323-2022

Email: mealsonwheels@1pvi.org

Vitamin D



Vitamin D is good for you!!

Adults need 600-800 International Units (IU) per day.

Vitamin D helps your body absorb calcium from food.

Calcium absorption helps your body build strong bones and teeth.

Good food sources of Vitamin D are fortified dairy products (milk, yogurt) and cod liver oil.

Sunlight helps your body make Vitamin D. Check with your MD regarding the amount of sunlight exposure that's right for you.

Fill in the blank using the above facts about Vitamin D.

1. Adults need _____ International Units (IU) of Vitamin D per day.
2. Vitamin D helps your body absorb _____ from food.
3. Calcium absorption helps your body build strong _____ and _____.
4. _____ helps your body make Vitamin D.