



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

October 2026



Post me on your fridge so I am available when you need me!!

Monday 5		Tuesday 6		Wednesday 7		Thursday 1	Friday 2
Chana Masala, Basmati Rice, Cauliflower		Cajun Chicken, Roasted Sweet Potato, Garden Vegetables		Sausage and Kale Soup w/ Cannelini Beans, Peas and Carrots		Beef Goulash, Zucchini	Fish Piccata, Couscous, Spinach
Orange & Sliced Bread 1% Milk <i>(delivered Tuesday or Wednesday)</i>		Apple & Sliced Bread 1% Milk <i>(delivered Tuesday or Wednesday)</i>		Apple Sauce & Sliced Bread Cheese <i>(delivered Tuesday or Wednesday)</i>		Banana & Sliced Bread 1% Milk <i>(delivered Thursday or Friday)</i>	Dried Fruit & Sliced Bread 1% Milk <i>(delivered Thursday or Friday)</i>
Monday 12		Tuesday 13		Wednesday 14		Thursday 8	Friday 9
Cheese Enchilada, Spanish Rice, Corn and Peppers		Swedish Meatballs, Mashed Potato, Green Beans		Chicken Curry, Rice, Spinach		Beef Teriyaki Bowl, Rice, Asian Blend Vegetables	Tuna Noodle Casserole, Vegetable Blend
Orange & Sliced Bread 1% Milk <i>(delivered Tuesday or Wednesday)</i>		Apple & Sliced Bread 1% Milk <i>(delivered Tuesday or Wednesday)</i>		Apple Sauce & Sliced Bread Cheese <i>(delivered Tuesday or Wednesday)</i>		Banana & Sliced Bread 1% Milk <i>(delivered Thursday or Friday)</i>	Dried Fruit & Sliced Bread 1% Milk <i>(delivered Thursday or Friday)</i>
Monday 19		Tuesday 20		Wednesday 21		Thursday 15	Friday 16
Egg Fried Rice, Green Beans		Pork Stew, Brown Rice, Peas and Carrots		Beef Stroganoff, Egg Noodles, Broccoli		Beef Ravioli, Marinara, Italian Mixed Vegetables	Salmon Teriyaki, Brown Rice, Asian Blend Vegetables
Orange & Sliced Bread 1% Milk <i>(delivered Tuesday or Wednesday)</i>		Apple & Sliced Bread 1% Milk <i>(delivered Tuesday or Wednesday)</i>		Apple Sauce & Sliced Bread Cheese <i>(delivered Tuesday or Wednesday)</i>		Banana & Sliced Bread 1% Milk <i>(delivered Thursday or Friday)</i>	Dried Fruit & Sliced Bread 1% Milk <i>(delivered Thursday or Friday)</i>
Monday 26		Tuesday 27		Wednesday 28		Thursday 22	Friday 23
Mushroom Bolognese, Penne Pasta, Italian Vegetables		Pork Stew, Brown Rice, Peas and Carrots		Beef Stroganoff, Egg Noodles, Broccoli		Chicken Jambalaya, Succotash	Fish Taco Bowl, Cilantro Rice, Corn and Beans
Orange & Sliced Bread 1% Milk <i>(delivered Tuesday or Wednesday)</i>		Apple & Sliced Bread 1% Milk <i>(delivered Tuesday or Wednesday)</i>		Apple Sauce & Sliced Bread Cheese <i>(delivered Tuesday or Wednesday)</i>		Banana & Sliced Bread 1% Milk <i>(delivered Thursday or Friday)</i>	Dried Fruit & Sliced Bread 1% Milk <i>(delivered Thursday or Friday)</i>
Monday 3		Tuesday 4		Wednesday 5		Thursday 29	Friday 30
Mushroom Bolognese, Penne Pasta, Italian Vegetables		Sausage, Potato Obrienne, Mixed Vegetables		Pork Chili Verde, Cilantro Rice, Four way Blend Vegetables		Meatloaf w/ Gravy, Mashed Potato, Green Beans	Fish Curry, Bastami Rice, Spinach
Orange & Sliced Bread 1% Milk <i>(delivered Tuesday or Wednesday)</i>		Apple & Sliced Bread 1% Milk <i>(delivered Tuesday or Wednesday)</i>		Apple Sauce & Sliced Bread Cheese <i>(delivered Tuesday or Wednesday)</i>		Banana & Sliced Bread 1% Milk <i>(delivered Thursday or Friday)</i>	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