November 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*****

MEALS on WHEELS AMERICA

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

Monday 2	Tuesday 3	Wednesday 4	Thursday 5	Friday 6
Carrot and Lentil Stew, Green Beans Orange & Sliced Bread 1% Milk *(delivered Tuesday or Wednesday)*	Chicken Parmesan, Pasta, Italian Mixed Vegetables Apple & Sliced Bread 1% Milk *(delivered Tuesday or Wednesday)*	Beef Burrito Bowl, Spanish Rice, Corn and Beans Apple Sauce & Sliced Bread Cheese *(delivered Tuesday or Wednesday)*	Pork Loin w/ Gravy, Roasted Potato, Broccoli Banana & Sliced Bread 1% Milk *(delivered Thursday or Friday)*	Fish Stew, Couscous, 5 way Mixed Vegetables Dried Fruit & Sliced Bread 1% Milk *(delivered Thursday or Friday)*
Monday 9	**Tuesday 10**	**Wednesday 11**	**Thursday 12**	**Friday 13**
Cheese Omelet, Tater Tots, Peas Orange & Sliced Bread 1% Milk *(delivered Tuesday or Wednesday)*	Beef Burgundy, Brown Rice, Green Beans Apple & Sliced Bread 1% Milk *(delivered Tuesday or Wednesday)*	Chicken Apple Sausage, Hashbrowns, California Blend Vegetables Apple Sauce & Sliced Bread Cheese *(delivered Tuesday or Wednesday)*	Herb Roasted Chicken w/ Gravy, Roasted Potato, Brussel Sprouts Banana & Sliced Bread 1% Milk *(delivered Thursday or Friday)*	Honey Garlic Salmon, Brown Rice, Asian Vegetable Blend Dried Fruit & Sliced Bread 1% Milk *(delivered Thursday or Friday)*
Monday 16	**Tuesday 17**	**Wednesday 18**	**Thursday 19**	**Friday 20**
Mushroom Alfredo, Penne Pasta, Italian Mixed Vegetables Orange & Sliced Bread 1% Milk *(delivered Tuesday or Wednesday)*	Meatloaf w/ Gravy, Roasted Sweet Potato, Zucchini Apple & Sliced Bread 1% Milk *(delivered Tuesday or Wednesday)*	Pork Carnitas, Cilantro Brown Rice, Black Beans/Corn Apple Sauce & Sliced Bread Cheese *(delivered Tuesday or Wednesday)*	Chicken Marsala, Mashed Potato, Winter Vegetable Blend Banana & Sliced Bread 1% Milk *(delivered Thursday or Friday)*	Brazilian Fish Stew, Rice, Peas Dried Fruit & Sliced Bread 1% Milk *(delivered Thursday or Friday)*
Monday 23	**Tuesday 24**	**Wednesday 25**	**Thursday 26**	**Friday 27**
Three Bean Chili, Corn Bread, Carrots Orange & Sliced Bread 1% Milk *(delivered Tuesday or Wednesday)*	Meatball Marinara, Pasta, Italian Vegetables Apple & Sliced Bread 1% Milk *(delivered Tuesday or Wednesday)*	Roasted Turkey w/ Gravy, Stuffing, Green Beans Apple Sauce & Sliced Bread Cheese *(delivered Tuesday or Wednesday)*	Chicken Alfredo, Penne Pasta, Broccoli Banana & Sliced Bread 1% Milk *(delivered Thursday or Friday)*	Fish Piccata, Quinoa, Spinach Dried Fruit & Sliced Bread 1% Milk *(delivered Thursday or Friday)*
Monday 30				
Macaroni and Cheese, Peas and Carrots Orange & Sliced Bread 1% Milk *(delivered Tuesday or Wednesday)*			**PVI Meals on Wheels will be closed and will not deliver meals on Thursday 11/26 and Friday 11/27. 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