








# Menu for Meals on Wheels\*

October 30, 2023 – February 25, 2024

		Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
<b>Week #1</b> <b>10/30-11/5</b> <b>12/4-12/10</b> <b>1/8-1/14</b> <b>2/12-2/18</b>	<b>Breakfast</b>	Hard Cooked Egg w/String Cheese Milk Fruit Juice	Cheerios Cereal Low Fat Yogurt Milk Fruit Juice	Oatmeal Milk Fruit Cup	Hard Cooked Egg Whole Wheat Bread Milk Fruit Juice	Cornflakes Cereal Milk Fruit Juice	Rice Crispy Cereal Milk Fruit Cup	Oatmeal Milk Fruit Juice
	<b>Entrée</b>	Chicken Salad Sandwich w/ Cranberries w/ Whole Wheat Bread Cilantro Coleslaw Fresh Fruit	Turkey Pasta Salad over Greens Fresh Banana	Macaroni and Cheese Bean Blend  Stewed Tomatoes	Southwest Chicken Tenders Sweet Potatoes Broccoli Florets	Pizaiola Pork Asparagus Carrots	Turkey Meatballs Cauliflower w/ Red Pepper Herbed Green Beans 	Vegetarian Lasagna  Capri Vegetable Blend  Whole Kernel Corn
<b>Week #2</b> <b>11/6-11/12</b> <b>12/11-12/17</b> <b>1/15-1/21</b> <b>2/19-2/25</b>	<b>Breakfast</b>	Pancakes w/ Syrup Milk Fruit Cup	Egg Omelet w/ Cheese Whole Grain Bread Milk Fruit Juice	Cheerios Cereal Low Fat Yogurt Milk Fruit Juice	Oatmeal Milk Fruit Juice	Special K Cereal Milk Fruit Juice	Oatmeal Milk Fruit Cup	Rice Crispy Cereal Milk Fruit Juice
	<b>Entrée</b>	Egg Salad Sandwich  Shredded Lettuce w/ Whole Grain Bread Marinated Carrots Fresh Fruit	Chicken Caesar Salad over Greens Fresh Fruit Wheat Crackers Caesar Dressing	Beef Patty w/ Gravy Spinach Four Seasons Vegetables	Pork Patty w/ BBQ Sauce Red Skin Potatoes Whole Kernel Corn	Honey Mustard Chicken Sweet Potatoes Brussels Sprouts	Meatballs w/ BBQ Sauce Brown Rice Chuckwagon Corn Italian Vegetable Blend	Turkey Tetrazzini Green Peas Winter Vegetable Blend
<b>Week #3</b> <b>11/13-11/19</b> <b>12/18-12/24</b> <b>1/22-1/28</b>	<b>Breakfast</b>	Whole Grain Breakfast Pizza (Sausage & Cheese) Milk Fruit Cup	Rice Crispy Cereal Milk Fruit Juice	Oatmeal w/ Peanut Butter Milk Fruit Cup	Waffle w/ Syrup Milk Fruit Juice	Cheerios Cereal Low Fat Yogurt Milk Fruit Juice	Cornflakes Cereal Milk Fruit Juice	Oatmeal Milk Fruit Juice
	<b>Entrée</b>	Chicken Salad Sandwich w/ Whole Grain Bread Cabbage & Pineapple Slaw Fresh Fruit	Cottage Cheese & Tropical Fruit  Over Greens Wheat Crackers Fresh Fruit	Smoked Sausage & Mac and Cheese Bean Blend Stewed Tomatoes 	Breaded Pollock w/ Alfredo Spinach Sauce Sweet Potatoes Cauliflower	Chipotle Meatloaf Red Potatoes Green Beans	Sliced Turkey w/ Poultry Gravy Mashed Potatoes Spinach	Chicken Spanish Rice Bake Fiesta Blend Vegetables Carrots
<b>Week #4</b> <b>11/20-11/26</b> <b>12/25-12/31</b> <b>1/29-2/4</b>	<b>Breakfast</b>	Egg Omelet w/ Cheese Milk Fruit Cup	Oatmeal Milk Fruit Juice	Cornflakes Cereal Low Fat Yogurt Milk Fruit Juice	Cheerios Cereal Milk Fruit Juice	Whole Grain Bread w/ Jelly w/ Peanut Butter Milk Fruit Juice	Rice Crispy Cereal Milk Fruit Juice	Oatmeal Milk Fruit Cup
	<b>Entrée</b>	Bean and Cheese Wrap Cabbage Salad w/ Carrots Fresh Fruit 	Greek Chicken Pasta Salad over Greens  Fresh Fruit	Pollock w/ Coconut Curry Rice Three Seasons Vegetables Broccoli Florets	Pork Patty w/ Mushroom Gravy Sweet Potatoes Green Beans	Chicken Tenders over Zesty Orange Rice Bean Blend Three Seasons Blend	Baked Fish w/ Dill Sauce Red Skin Potatoes Mixed Vegetables	Meatballs & Gravy Brown Rice Cauliflower Italian Vegetable Blend
<b>Week #5</b> <b>11/27-12/3</b> <b>1/1-1/7</b> <b>2/5-2/11</b>	<b>Breakfast</b>	Hard Cooked Egg w/String Cheese Milk Fruit Juice	Waffle w/Syrup Milk Fruit Juice	Oatmeal w/ Peanut Butter Milk Fruit Cup	Cornflakes Cereal Milk Fruit Juice	Oatmeal Milk Fruit Juice	Cheerios Cereal Milk Fruit Cup	Cheerios Cereal Low Fat Yogurt Milk Fruit Juice
	<b>Entrée</b>	Tuna Salad Sandwich Red Cabbage Coleslaw Fresh Fruit	BBQ Chicken Salad over Greens Wheat Crackers Fresh Fruit	Spaghetti & Meatballs Whole Kernel Corn Broccoli Florets	Cheese Pizza  Mixed Vegetables Bean Blend	Beef Pepper Patty Spinach Sweet Potatoes	Chicken Tetrazzini Winter Vegetable Blend Green Peas	Turkey Chili w/ Beans Glazed Carrots Broccoli Cuts

Menu is subject to change.



Meal contains more than 1000 mg sodium



Vegetarian Meal



New Menu Item

Meals are prepared and delivered by *Trio Senior Meals*.

\* Consumption of whole wheat bread, provided with the meal delivery, is highly recommended to meet whole grain requirement per meal.

The purpose of this handout is to assist you with meal planning. However, you can choose to eat your food in any order you like.

The weekly 14 meals include a fresh sandwich and a salad or wrap. To enjoy freshly prepared sandwiches and salads at the peak of their quality, please consume it within two days.

To prevent foodborne illness, it is highly recommended that fresh fruits be washed thoroughly before consumption.

Each menu contains <30% calories from fat and has no MSG.

**When you receive your food, freeze or refrigerate immediately.**

**Meal Heating Instructions**

**Microwave:** Puncture film and microwave for 6-8 minutes until meal reaches 165 degrees.

**Oven:** Preheat oven to 300 degrees, puncture film and heat on middle rack for 35-40 minutes until meal reaches 165 degrees.

**Frozen Soup:** Loosen lid and microwave for 2 minutes.

**CAUTION HOT MEALS WILL BE HOT AFTER HEATING. PLEASE HANDLE CAREFULLY.**

**To cancel or hold your meal delivery, please call Sourcewise at 408-350-3246**

**Meals on Wheels**  
**October 30, 2023-February 25, 2024**

Meals on Wheels' clients receive delicious, nutritious, and visually appealing meals. The menu, developed by a Registered Dietitian Nutritionist, fulfills 2/3 of the Dietary Reference Intake (DRI) for required nutrients\* based on an adult who is 60 years old and older.



Meals provided by Santa Clara County Senior Nutrition Program may contain tree nuts and other food allergens.

**NOTE:** The Santa Clara County Meals on Wheels' program offers several new entrées weekly for this menu cycle. Soup is also provided once per week.

**Important information about meal deliveries during the holidays**

<b>HOLIDAY</b>	<b>DELIVERY DATES</b>
<b>Thanksgiving</b> Thursday 11/23/2023	Friday 11/17/2023
<b>Christmas</b> Monday 12/25/2023	Friday 12/22/2023
<b>MLK Day</b> Monday 1/15/2024	Friday 1/12/2024

The Meals on Wheels menu has an average sodium content of <1000 mg per meal. Please check with your healthcare provider for the recommended sodium intake that is right for you.

The goal for each meal is to provide an average of 550 calories. You will consume additional calories from milk, whole grain bread, and fruit that are included in the delivery.

The menu is not specifically designed for older adults with diabetes. However, the well-balanced menu is low in added sugars. Seasonal fresh fruit and 4 oz. fruit juice are offered along with the meal. Canned fruit is packed in water and diet syrup is offered with pancakes and waffles.

In addition to these wonderful meals, your delivery includes snack items like peanut butter, crackers, cheese, and an assortment of cooked beans.

\*Nutrition education is provided for nutrients not meeting 2/3 DRI.