

MENU for Meals on Wheels*

March 3rd, 2025 – July 6th, 2025

		Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Week #1: 3/3-3/9 4/7-4/13 5/12-5/18 6/16-6/22	Breakfast	Egg Omelet with Cheese with Cheddar Cheese Snack Whole Wheat Bread Milk Fruit Juice	Oatmeal Milk Fruit Juice	Whole Grain Bread with Jelly Low Fat Flavored Yogurt Milk Fruit Juice	Crispy Rice Cereal Milk Fruit Juice	Oatmeal with Peanut Butter Milk Fruit Cup	Corn Flakes Cereal Milk Fruit Juice	Cheerios Cereal Milk Fruit Cup
	Entrée	Turkey Chef Salad over Greens Fresh Seasonal Fruit Ranch Salad Dressing	Hawaiian Chicken Salad Cilantro Slaw Whole Wheat Bread (2) Fresh Seasonal Fruit	Ginger Pork Patty Red Skin Potatoes Green Pea Blend Fresh Fruit	Three Cheese Ravioli with Spinach Alfredo Cauliflower Mixed Vegetables Fresh Fruit	Jamaican Jerk Chicken Broccoli Beans Fresh Fruit	Salisbury Steak with Gravy Whipped Potatoes 4-Way Vegetable Blend Fresh Fruit	Potato-Crusted Pollock with Creamy Paprika Sauce Brussels Sprouts Sweet Potatoes Fresh Fruit
Week #2: 3/10-3/16 4/14-4/20 5/19-5/25 6/23-6/29	Breakfast	Oatmeal with Peanut Butter Milk Fruit Juice	Whole Grain Breakfast Pizza (Sausage and Cheese) with Cheddar Cheese Snack Milk Fruit Cup	Pancake with Syrup Milk Fruit Juice	Cheerios Cereal Milk Fruit Juice	Corn Flakes Cereal Milk Fruit Juice	Oatmeal Milk Fruit Juice	Crispy Rice Cereal Milk Fruit Cup
	Entrée	Greek Salad with Chicken over Greens Fresh Seasonal Fruit Salad Dressing	Cheese Sandwich Whole Wheat Bread (2) Carrot Slaw Fresh Seasonal Fruit Mayo	New York Strip Beef Patty with Orange Rice and Veggies Broccoli Corn with Peppers Fresh Fruit	Cacciatore Chicken Tenders Red Skin Potatoes Asparagus Fresh Fruit	Spanish Tomato and Pepper Pollock Black Beans Carrots Fresh Fruit	Creamy Garlic Chicken Mashed Potatoes Peas Fresh Fruit	Beef Cabbage Casserole Spinach Cauliflower Fresh Fruit
Week #3: 3/17-3/23 4/21-4/27 5/26-6/1 6/30-7/6	Breakfast	Crispy Rice Cereal Milk Fruit Juice	Waffle with Syrup Milk Fruit Cup	Oatmeal Milk Fruit Juice	Corn Flakes Cereal Milk Fruit Juice	Egg Omelet with Cheese Whole Wheat Bread Milk Fruit Juice	Cheerios Cereal Milk Fruit Cup	Oatmeal with Peanut Butter Milk Fruit Juice
	Entrée	Kidney Bean Chef Salad over Greens Fresh Seasonal Fruit Salad Dressing	Turkey and Cheese Sandwich Whole Wheat Bread (2) Broccoli and Cauliflower Salad Fresh Seasonal Fruit Mayo	Chicken with Brown Rice with Teriyaki Sauce Sweet Potatoes Brussels Sprouts Fresh Fruit	Breaded Pollock with Alfredo Spinach Sauce Sweet Potatoes Cauliflower Fresh Fruit	Chicken with Spinach Florentine Sauce Diced Potatoes 4-Way Vegetable Blend Fresh Fruit	Smothered Beef Meatballs Whipped Potatoes Spinach Fresh Fruit	Pork Char Siu Peas Carrots Fresh Fruit
Week #4: 3/24-3/30 4/28-5/4 6/2-6/8	Breakfast	Whole Grain Breakfast Pizza (Sausage and Cheese) with Cheddar Cheese Snack Milk Fruit Juice	Oatmeal with Peanut Butter Milk Fruit Cup	Cheerios Cereal Milk Fruit Juice	Whole Grain Bread with Jelly with Mozzarella String Cheese Milk Fruit Juice	Crispy Rice Cereal Milk Fruit Juice	Oatmeal Low Fat Flavored Yogurt Milk Fruit Juice	Corn Flakes Cereal Milk Fruit Cup
	Entrée	Tarragon Turkey Salad Sandwich Whole Wheat Bread (2) Coleslaw Fresh Seasonal Fruit	Vegetarian Fiesta Salad over Greens Fresh Seasonal Fruit	Breaded Pollock Wedge with Parma Rosa Sauce Corn with Peppers Italian Green Beans Fresh Fruit	Chimichurri Chicken Stewed Tomatoes Black Beans and Corn Fresh Fruit	Asian Tomato Beef Broccoli 4-Way Vegetable Blend Fresh Fruit	Barbeque Pork Sweet Potatoes Baked Beans Fresh Fruit	Meatloaf with Gravy Mashed Potatoes Carrots Fresh Fruit
Week #5: 3/31-4/6 5/5-5/11 6/9-6/15	Breakfast	Oatmeal Milk Fruit Juice	Hard Cooked Egg with Mozzarella String Cheese Whole Wheat Bread Milk Fruit Juice	Crispy Rice Cereal Milk Fruit Juice	Pancake with Syrup Milk Fruit Cup	Oatmeal with Peanut Butter Milk Fruit Juice	Cheerios Cereal Milk Fruit Cup	Corn Flakes Cereal Milk Fruit Juice
	Entrée	Chinese Chicken Salad over Greens Fresh Seasonal Fruit	Turkey and Cheese Sandwich Whole Wheat Hoagie Bun Broccoli Ranch Coleslaw Fresh Seasonal Fruit Mayo and Mustard	Breaded Parmesan Chicken Red Skin Potatoes Mixed Vegetables Fresh Fruit	Pork Patty Zesty Orange Rice Green Peas Carrots Fresh Fruit	Vegetarian Alfredo Pasta Capri Vegetable Blend Zucchini Fresh Fruit	Greek Chicken Souvlaki Diced Parsley Potatoes Spinach Fresh Fruit	Beef Spanish Bake Pinto Beans 4-Way Vegetable Blend Fresh Fruit

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.

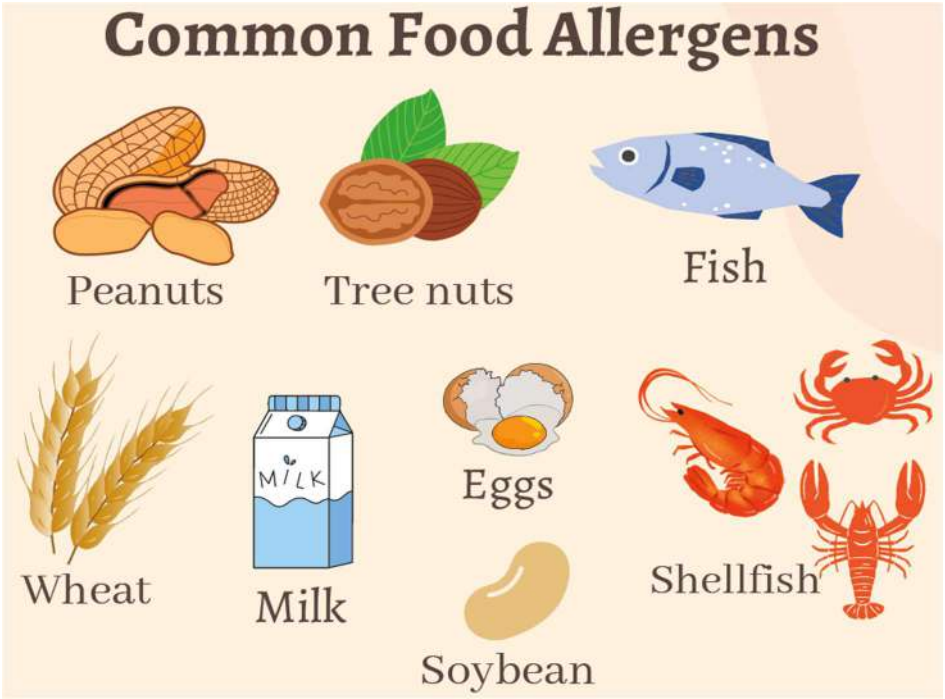
Oven: Preheat oven to 300 degrees, puncture film and heat on middle rack for 35-40 minutes until meal reaches 165 degrees.

Frozen Soup: Loosen lid and microwave for 2 minutes.



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

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



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.

HOLIDAYS	DELIVERY DATES
Memorial Day Monday 05/26/2025	Friday 05/23/2025
Juneteenth Thursday 06/19/2025	Friday 06/20/2025

Meals on Wheels’ Menu

March 3rd, 2025 – July 6th, 2025

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.

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.