

Menu for Meals on Wheels*

July 7th - November 2nd, 2025

		Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Week #1: 7/7-7/13 8/11-8/17 9/15-9/21 10/20-10/26	Breakfast	Egg Omelet with Cheese with Cheddar Cheese Snack Whole Wheat Bread Milk Fruit Juice	Oatmeal Milk Fruit Juice	Whole Grain Bread with Jelly Mozzarella String Cheese 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	Yogurt Dill Turkey Salad Sandwich Whole Wheat Bread (2) Coleslaw Fresh Banana	Tex Mex Chicken Salad Fresh Orange Wheat Crackers	Chicken & Penne Pasta Alfredo Carrots Butternut Squash Fresh Fruit	Beef Patty with Onion Gravy Red Skin Potatoes Broccoli Florets Fresh Fruit	Breaded Pollock Green Pea Blend Carrots Fresh Fruit	Macaroni & Cheese Bean Blend Brussels Sprouts Fresh Fruit	Meatloaf with Gravy Whipped Potatoes Green Beans with Red Peppers Fresh Fruit
Week #2: 7/14-7/20 8/18-8/24 9/22-9/28 10/27-11/2	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 Mozzarella String Cheese 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	Dill Egg Salad Sandwich Whole Wheat Bread (2) Bean Salad with Carrots Fresh Orange	Turkey Quinoa Salad Cilantro Coleslaw Fresh Banana Wheat Crackers	New York Strip Beef Patty with Gravy Spinach Four Seasons Vegetables Fresh Fruit	Rosemary Chicken Lima Beans Spring Vegetables Fresh Fruit	Pork Patty with Mushroom Gravy Sweet Potatoes Green Beans Fresh Fruit	Breaded Pollock Wedge Butternut Squash Autumn Blend Fresh Fruit	Meatballs with Teriyaki Sauce Brown Rice Green Peas Carrots Fresh Fruit
Week #3: 7/21-7/27 8/25-8/31 9/29-10/5	Breakfast	Crispy Rice Cereal Milk Fruit Juice	Waffle with Syrup Cheddar Cheese Snack 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	Jamaican Pork Salad Fresh Orange Wheat Crackers	Tuna Salad Sandwich Whole Wheat Bread (2) Kidney Bean Salad Fresh Banana	Bruschetta Chicken Red Skin Potatoes Autumn Blend Vegetables Fresh Fruit	Cheese Manicotti and Alfredo Sauce Bean Blend Butternut Squash Fresh Fruit	Spaghetti and Meatballs Whole Kernel Corn Broccoli Fresh Fruit	Chicken Patty with Apricot Rice Carrots Brussels Sprouts Fresh Fruit	Salisbury Steak with Gravy Garlic Whipped Potatoes California Vegetables Fresh Fruit
Week #4: 7/28-8/3 9/1-9/7 10/6-10/12	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 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	Chicken Salad over Greens Fresh Orange Wheat Crackers	Turkey & Swiss Sandwich Whole Wheat Bread (2) Apple Cranberry Coleslaw Fresh Banana	Breaded Fish with Coconut Curry Rice Three Seasons Vegetables Broccoli Fresh Fruit	BBQ Chicken Succotash Green Beans Fresh Fruit	Three Cheese Ravioli and Spinach Alfredo Mixed Vegetables Cauliflower Fresh Fruit	Pork Patty Sweet Potatoes Spinach Fresh Fruit	Beef Patty with Mushroom Gravy Whipped Potatoes Broccoli & Carrots Fresh Fruit
Week #5: 8/4-8/10 9/8-9/14 10/13-10/19	Breakfast	Oatmeal Milk Fruit Juice	Hard Cooked Egg with Cheddar Cheese Snack Whole Wheat Bread Milk Fruit Juice	Crispy Rice Cereal Milk Fruit Juice	Pancake with Syrup Cheddar Cheese Snack Milk Fruit Cup	Oatmeal with Peanut Butter Milk Fruit Juice	Cheerios Cereal Milk Fruit Cup	Corn Flakes Cereal Milk Fruit Juice
	Entrée	Greek Turkey Sandwich on Whole Wheat Hoagie Tri Color Coleslaw Fresh Banana	Vegetarian Chef Salad with Garbanzo Beans Marinated Vegetable Salad Fresh Orange	Chicken Florentine Asparagus Carrots Fresh Fruit	Taco Soup (Beef) Sweet Potatoes Cauliflower Fresh Fruit	Pork Patty with Zesty Orange Rice Green Peas Carrots Fresh Fruit	Chicken Parmesan Red Skin Potatoes Mixed Vegetables Fresh Fruit	Potato-Crusted Pollock with Lemon Herb Sauce Whole Grain Penne Pasta Brussels Sprouts California Vegetables 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 or remove plastic film and microwave for 3-4 minutes until meal reaches 165°F. Additional heating time may be required.

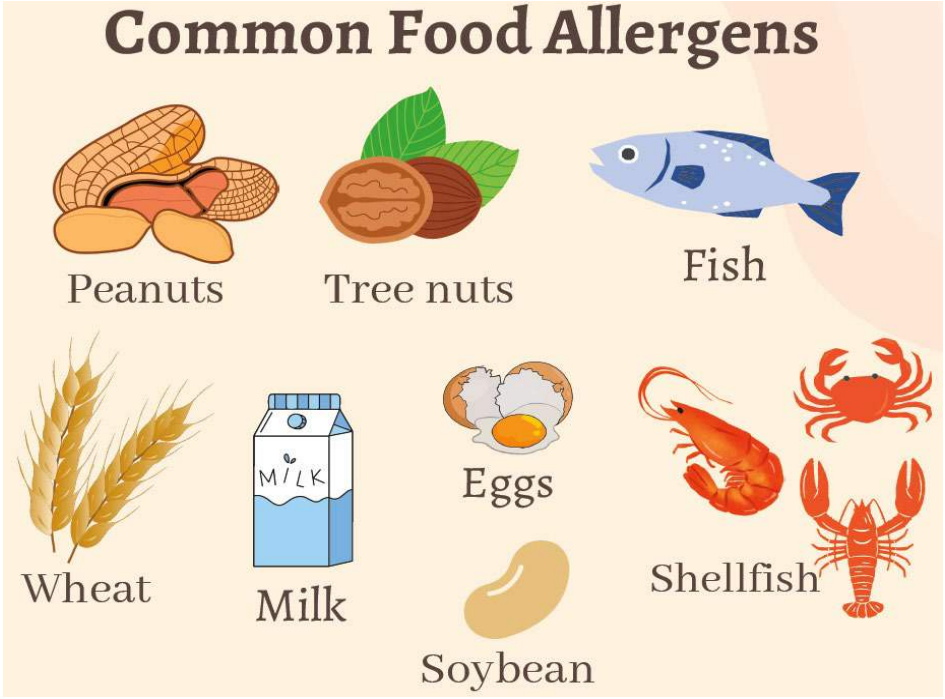
Oven: Preheat oven to 300°F, puncture or remove plastic film, and heat on middle rack for 35-40 minutes until meal reaches 165°F.

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 holiday.

HOLIDAY	DELIVERY DATE
Labor Day Monday 09/1/2025	Friday 08/29/2025

Meals on Wheels
July 7th, 2025 – November 2nd, 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.