

Menu for Meals on Wheels*

November 3rd, 2025 – January 4th, 2026

		Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Week #1 11/3 - 11/9 12/8 - 12/14	Breakfast	Egg Patties (2) Mozzarella String Cheese Whole Wheat Bread Milk Fruit Juice	Oatmeal Milk Fruit Cup	Waffle with Syrup Cheddar Cheese Snack Milk Fruit Juice	Cheerios Cereal Milk Fruit Juice	Oatmeal with Peanut Butter Milk Fruit Cup	Cornflakes Cereal Mozzarella String Cheese Milk Fruit Juice	Crisp Rice Cereal Milk Fruit Flavored Yogurt Fruit Juice
	Entrée	Seafood (Surimi) Louie Salad  Whole Wheat Bread (2) Marinated Carrot Salad Fresh Fruit	Avocado Turkey Salad over Shredded Lettuce Fresh Fruit	Chicken Patty Mushroom Swiss Rice Peas & Carrots Cauliflower Fresh Fruit	Breaded Pollock Green Pea Blend Carrots Fresh Fruit	Beef Patty with Mushroom Gravy Whipped Potatoes Green Beans Fresh Fruit	BBQ Pork Rib Patty Red Potatoes Whole Kernel Corn Fresh Fruit	Garlic Rosemary Chicken  Herbed Brown Rice 4-Way Vegetable Blend Lentil Vegetable Pilaf Fresh Fruit
Week #2 11/10 - 11/16 12/15 - 12/21	Breakfast	Oatmeal with Peanut Butter Milk Fruit Juice	Egg Omelet Cheddar Cheese Snack Whole Wheat Bread Milk Fruit Juice	Pancakes with Syrup Fruit Flavored Yogurt Milk Fruit Juice	Cheerios Cereal Mozzarella String Cheese Milk Fruit Juice	Crisp Rice Cereal Milk Fruit Cup	Oatmeal Milk Fruit Juice	Cornflakes Cereal Milk Fruit Cup
	Entrée	Egg Salad Sandwich  Whole Wheat Bread (2) Carrot Slaw Fresh Fruit	Garden Chicken Salad over Greens Fresh Fruit	Pork Patty with Gravy Spinach Sweet Potatoes Fresh Fruit	Honey Mustard Chicken Sweet Potatoes Brussels Sprouts Fresh Fruit	Beef Patty with Onion Gravy Red Skin Potatoes Green Beans Fresh Fruit	Turkey Shepherd's Pie  Spinach Kidney Beans Fresh Fruit	Potato-Crusted Pollock Fish with Cilantro Lime Sauce Chuckwagon Corn Black Beans Fresh Fruit
Week #3 11/17 - 11/23 12/22-12/28	Breakfast	Crisp Rice Cereal Mozzarella String Cheese Milk Fruit Juice	Waffle with Syrup Fruit Flavored Yogurt Milk Fruit Juice	Oatmeal Mozzarella String Cheese Milk Fruit Juice	Cornflakes Cereal Milk Fruit Cup	Whole Grain Breakfast Pizza (Sausage and Cheese) Milk Fruit Juice	Cheerios Cereal Milk Fruit Cup	Oatmeal with Peanut Butter Milk Fruit Juice
	Entrée	Cilantro Chicken Salad Sandwich Whole Wheat Bread (2) Pineapple Carrot Slaw Fresh Fruit	3-Bean Barley Salad  over Lettuce Mix  Fresh Fruit	Breaded Pollock with Alfredo Spinach Sauce Sweet Potatoes Cauliflower Fresh Fruit	Chipotle Meatloaf Red Skin Potatoes Green Beans Fresh Fruit	Breaded Parmesan Chicken Red Skin Potatoes Mixed Vegetables Fresh Fruit	Teriyaki Pork  Sweet Potatoes Corn & Lima Beans Fresh Fruit	Sliced Turkey with Gravy Whipped Potatoes Parslied Carrots Fresh Fruit
Week #4 11/24-11/30 12/29 - 1/4	Breakfast	Hard Boiled Egg Whole Wheat Bread Milk Fruit Juice	Oatmeal with Peanut Butter Milk Fruit Juice	Cornflakes Cereal Milk Fruit Cup	Whole Wheat Bagel with Cream Cheese Milk Fruit Juice	Crisp Rice Cereal Milk Fruit Juice	Oatmeal Fruit Flavored Yogurt Milk Fruit Juice	Cheerios Cereal Milk Fruit Cup
	Entrée	Cheese Sandwich  Whole Wheat Bread (2) Corn & Carrot Salad Fresh Banana	Greek Chicken Salad over Greens Lentil Vegetable Pilaf Fresh Fruit	Rosemary Chicken Lima Beans Spring Vegetables Fresh Fruit	Pork Patty with Mushroom Gravy Sweet Potatoes Green Beans Fresh Fruit	Cheese Manicotti  with Alfredo Sauce  Bean Blend Butternut Squash Fresh Fruit	Beef Meatballs with Gravy Peas and Carrots Baked Beans Fresh Fruit	Chicken with Apple Chutney Sweet Potatoes Brussels Sprouts Fresh Fruit
Week #5 12/1 - 12/7	Breakfast	Oatmeal Fruit Flavored Yogurt Milk Fruit Juice	Whole Grain Breakfast Pizza (Sausage and Cheese) Cheddar Cheese Snack Milk Fruit Juice	Cheerios Cereal Milk Fruit Juice	Waffle with Syrup Milk Fruit Cup	Oatmeal with Peanut Butter Milk Fruit Juice	Crisp Rice Cereal Milk Fruit Cup	Cornflakes Cereal Milk Fruit Juice
	Entrée	Tuna Salad Cilantro Carrot Coleslaw Fresh Fruit	Turkey-Ham and Cheese Sandwich Whole Wheat Bread (2) Carrot Raisin Salad Fresh Fruit	Cheese Pizza  Mixed Vegetables  Bean Blend Fresh Fruit	Spaghetti and Meatballs Whole Kernel Corn Broccoli Fresh Fruit	Breaded Pollock Wedge Butternut Squash Autumn Blend Fresh Fruit	Turkey White Bean Chili Carrots Green Beans Fresh Fruit	Pork with Steakhouse Sauce Sweet Potatoes Spinach 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

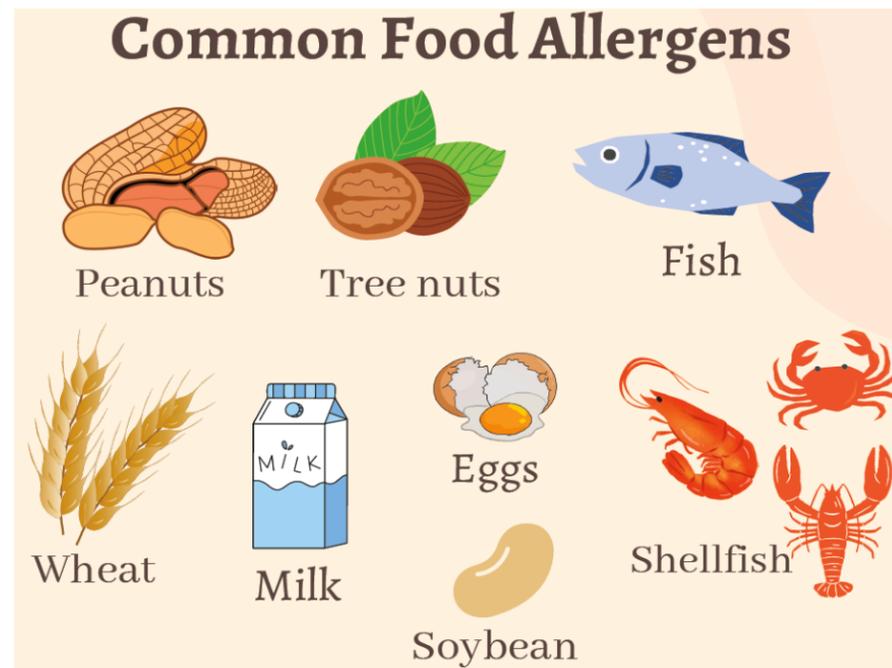
Microwave: Puncture or remove plastic film and microwave for 3-4 minutes until meal reaches 165°F. Additional heating time may be required.

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.

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

Suggested Contributions:

The Santa Clara County Meals on Wheels' program has a suggested contribution of \$3.00 per day or \$90.00 per month. While no one will be denied service for not contributing, we ask everyone to contribute what they can as any contribution will assist the program to continue home delivery of nutritious meals.

Checks can be made out to:
"Santa Clara County Meals on Wheels"

Program Address: 353 W. Julian Street, 4th Floor
San Jose, CA 95110

Important information about meal deliveries during the holidays.

HOLIDAYS	DELIVERY DATES
Thanksgiving Thursday 11/27/25	Friday 11/21/25
Christmas Thursday 12/25/25	Friday 12/26/25
New Year's Thursday 1/1/26	Friday 1/2/26

The materials or product were a result of a project funded by a contract with the California Department of Aging and Sourcewise.

Meals on Wheels

November 3rd, 2025 – January 4th, 2026

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.