

Santa Clara County Meals on Wheels – Regular Menu*

January 5th – May 3rd, 2026

		DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
WEEK 1								
WEEK #1 1/5-1/11 2/9-2/15 3/16-3/22 4/20-4/26	BREAKFAST	Cheerios Cereal Low Fat Milk Whole Wheat Bread (1) Fresh Orange Pinto Beans	Oatmeal Peanut Butter Low Fat Milk Whole Wheat Bread (2) Fresh Banana	Cornflakes Cereal Low Fat Milk Whole Wheat Bread (1) Fresh Orange Kidney Beans	Egg Patty (2) Cheddar Cheese Whole Wheat Bread (2) Low Fat Milk Applesauce	Crisp Rice Cereal Low Fat Milk Whole Wheat Bread (1) Fresh Orange	Oatmeal WOW Butter Low Fat Milk Whole Wheat Bread (2) Pineapple Tidbits	Turkey Sausage Link Waffle w/ Diet Syrup Whole Wheat Bread (1) Low Fat Milk Fresh Orange
	ENTRÉE	Turkey Salad over Fresh Spinach Salad Whole Wheat Bread (2) Low Fat Milk Fresh Apple Mozzarella Cheese Stick	Tuna Salad Whole Wheat Bread (2) Marinated Carrot Salad Mozzarella Cheese Stick Fresh Orange	Garlic Rosemary Chicken w/ Gravy Lentil Vegetable Pilaf 4-Way Vegetable Blend Whole Wheat Bread (2) Fresh Banana	Beef Patty w/ Mushroom Gravy Sweet Potatoes Spinach Whole Wheat Bread (2) Fresh Orange	#063 Pork Patty w/ Roasted Garlic Gravy Succotash & Carrots Whole Wheat Bread (2) Apple Juice	#044 Breaded Pollock Green Peas & Carrots Whole Wheat Bread (2) Fresh Orange	#057 Chickpea & Sweet Potato Chili Corn & Broccoli Whole Wheat Bread (2) Fruit Juice Blend
WEEK 2								
WEEK #2 1/12-1/18 2/16-2/22 3/23-3/29 4/27-5/3	BREAKFAST	Omelet Cheddar Cheese Low Fat Milk Whole Wheat Bread (2) Fresh Orange	Crisp Rice Cereal Low Fat Milk Whole Wheat Bread (1) Fresh Banana	Oatmeal WOW Butter Low Fat Milk Whole Wheat Bread (2) Fresh Orange	Cheerios Cereal Low Fat Milk Whole Wheat Bread (1) Fresh Pear	Turkey Sausage Links (2) Pancake w/ Diet Syrup Whole Wheat Bread (1) Low Fat Milk Fresh Orange	Hard Boiled Egg Cornflakes Cereal Low Fat Milk Whole Wheat Bread (1) Applesauce	Oatmeal Peanut Butter Low Fat Milk Whole Wheat Bread (2) Fresh Orange
	ENTRÉE	Garden Chicken Salad over Fresh Lettuce Mix Whole Wheat Bread (2) Low Fat Milk Fresh Banana Black Beans	Egg Salad Whole Wheat Bread (2) Coleslaw w/ Carrots Fresh Orange Mozzarella Cheese Stick	Cilantro Lime Pollock Sweet Potatoes Fiesta Vegetables Whole Wheat Bread (2) Fresh Apple	Turkey Shepherd's Pie Capri Vegetable Blend Stewed Tomatoes Whole Wheat Bread (2) Fresh Orange Mozzarella Cheese Stick	#075 Macaroni & Cheese Bean Blend & Brussels Sprouts Chickpeas Whole Wheat Bread (2) Fruit Blend Juice	#015 Pork Patty w/ Pizzaola Sauce Asparagus & Carrots Lentils Whole Wheat Bread (2) Fresh Orange	#080 Chicken w/ Rice & Gravy Bean Blend & Carrots Whole Wheat Bread (2) Apple Juice
WEEK 3								
WEEK #3 1/19-1/25 2/23-3/1 3/30-4/5	BREAKFAST	Cheerios Cereal Low Fat Milk Whole Wheat Bread (1) Fresh Orange Pinto Beans	Oatmeal Peanut Butter Low Fat Milk Whole Wheat Bread (2) Fresh Apple	Cornflakes Cereal Low Fat Milk Whole Wheat Bread (1) Fresh Orange Kidney Beans	Breakfast Pizza Whole Wheat Bread (2) Low Fat Milk Applesauce	Crisp Rice Cereal Low Fat Milk Whole Wheat Bread (1) Fresh Orange	Oatmeal WOW Butter Low Fat Milk Whole Wheat Bread (2) Pineapple Tidbits	Turkey Sausage Link (2) Waffle w/ Diet Syrup Whole Wheat Bread (1) Low Fat Milk Fresh Orange
	ENTRÉE	Three Bean Barley Salad over Fresh Lettuce Mix Whole Wheat Bread (2) Low Fat Milk Fresh Pear	Cilantro Chicken Salad Whole Wheat Bread (2) Coleslaw w/ Carrots & Pineapple Fresh Orange Mozzarella Cheese Stick	Turkey Breast w/ Gravy Whipped Potatoes Parslied Carrots Whole Wheat Bread (2) Fresh Banana	Teriyaki Pork Sweet Potatoes Corn & Lima Beans Whole Wheat Bread (2) Fresh Orange	#083 Pesto Basil Chicken Lima Beans & Three Seasons Vegetables Whole Wheat Bread (2) Apple Juice	#047 Salisbury Steak Roasted Potatoes & Mixed Vegetables Whole Wheat Bread (2) Fresh Orange	#070 Pollock Nuggets Northern Beans & Broccoli Whole Wheat Bread (2) Fruit Juice Blend
WEEK 4								
WEEK #4 1/26-2/1 3/2-3/8 4/6-4/12	BREAKFAST	Omelet Cheddar Cheese Low Fat Milk Whole Wheat Bread (2) Fresh Orange	Crisp Rice Cereal Low Fat Milk Whole Wheat Bread (1) Fresh Banana	Oatmeal WOW Butter Low Fat Milk Whole Wheat Bread (2) Fresh Orange	Cheerios Cereal Low Fat Milk Whole Wheat Bread (1) Fresh Pear	Turkey Sausage Link (2) Pancake w/ Diet Syrup Whole Wheat Bread (1) Low Fat Milk Fresh Orange	Hard Boiled Egg Cornflakes Cereal Low Fat Milk Whole Wheat Bread (1) Applesauce	Oatmeal Peanut Butter Low Fat Milk Whole Wheat Bread (2) Fresh Orange
	ENTRÉE	Green Chicken Salad over Fresh Lettuce Mix Whole Wheat Bread (2) Low Fat Milk Fresh Apple	Egg Patty & Cheese Sandwich Whole Wheat Bread (2) Coleslaw w/ Carrots Fresh Orange Lentils	Balsamic Onion Chicken Sweet Potatoes Brussels Sprouts Whole Wheat Bread (2) Fresh Banana	Beef Meatballs w/ Gravy Peas & Carrots Baked Beans Whole Wheat Bread (2) Fresh Orange	#085 Breaded Pollock Wedge Butternut Squash & Autumn Blend Chickpeas Whole Wheat Bread (2) Apple Juice	#052 Teriyaki Chicken Sweet Potatoes & Brussels Sprouts Whole Wheat Bread (2) Fresh Orange	#076 Cilantro Lime Meatballs Bean Blend & Carrots Whole Wheat Bread (2) Apple Juice
WEEK 5								
WEEK #5 2/2-2/8 3/9-3/15 4/13-4/19	BREAKFAST	Cheerios Cereal Low Fat Milk Whole Wheat Bread (1) Fresh Orange Lentils	Oatmeal WOW Butter Low Fat Milk Whole Wheat Bread (2) Fresh Apple	Cornflakes Cereal Low Fat Milk Whole Wheat Bread (1) Fresh Orange Kidney Beans	Turkey Sausage Link (2) Bagel w/ Cream Cheese Whole Wheat Bread (2) Low Fat Milk Applesauce	Crisp Rice Cereal Low Fat Milk Whole Wheat Bread (1) Fresh Orange	Oatmeal Peanut Butter Low Fat Milk Whole Wheat Bread (2) Pineapple Tidbits	Waffle w/ Diet Syrup Whole Wheat Bread (1) Turkey Sausage Links (2) Low Fat Milk Fresh Orange
	SNACK	Italian Chicken Pasta Salad over Fresh Lettuce Mix Whole Wheat Bread (2) Low Fat Milk Fresh Pear	Asian Tuna Salad Whole Wheat Bread (2) Fresh Orange Mozzarella Cheese Stick	Pork Loin w/ Steakhouse Sauce Sweet Potatoes Spinach Whole Wheat Bread (2) Fresh Banana	Turkey & White Bean Chili Carrots Green Beans Whole Wheat Bread (2) Fresh Orange	#055 Meatballs w/ Alfredo Pasta Shells Corn & Green Beans Whole Wheat Bread (2) Apple Juice	#041 Pork Patty w/ Gravy Sweet Potatoes & Spinach Whole Wheat Bread (2) Fresh Orange Mozzarella Cheese Stick	#091 Alfredo Spinach Pollock Sweet Potatoes & Cauliflower Whole Wheat Bread (2) Fruit Juice Blend

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

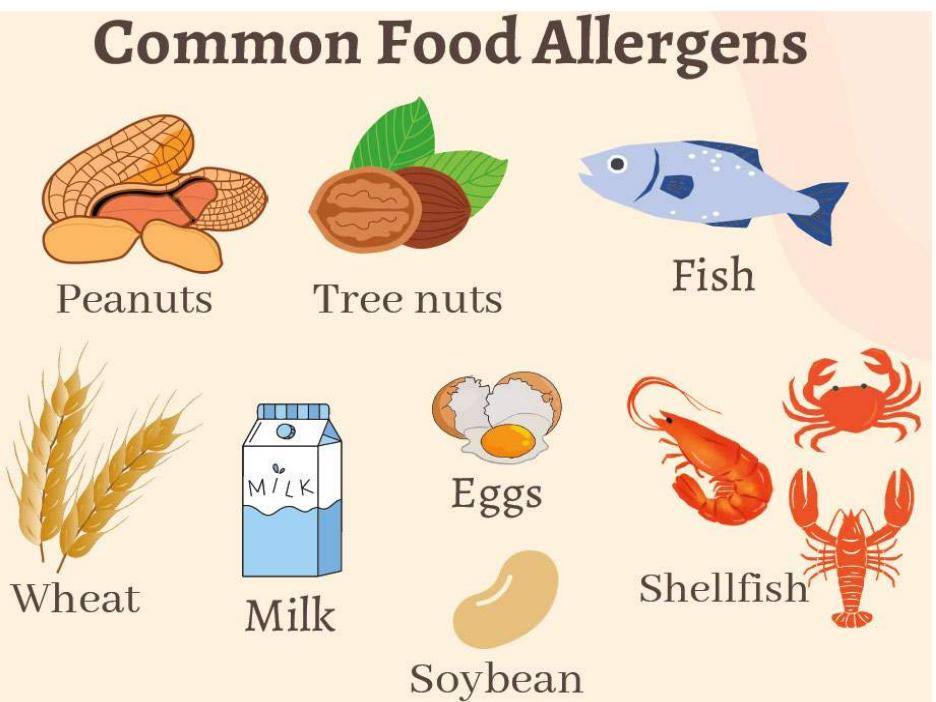
Microwave: Puncture or remove plastic film and microwave for 3-4 minutes until meal reaches 165°F. Additional heating time may be required.

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.



**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.

HOLIDAY	DELIVERY DATE
Presidents' Day Monday 2/16/26	Friday 2/13/26

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.