

Santa Clara County Meals on Wheels' MENU (July 6th – October 30th, 2026)

	Monday	Tuesday	Wednesday	Thursday	Friday	Weekly Supplemental Grocery Items
Week 1						
07/06-07/10 08/10-08/14 09/14-09/18 10/19-10/23	Chicken & Penne Pasta Alfredo Carrots Butternut Squash Whole Wheat Bread (1) Fresh Orange 1% Milk Margarine	Breaded Pollock Green Bean Blend Carrots Whole Wheat Bread (1) Tropical Fruit 1% Milk Margarine	BBQ Riblet Black Beans and Corn Brussel Sprouts Whole Wheat Bread (1) Fresh Seasonal Fruit 1% Milk Margarine	Cilantro Lime Meatballs with Rice Bean Blend Carrots Whole Wheat Bread (1) Tropical Fruit 1% Milk Margarine	Bruschetta Chicken Red Skin Potatoes Autumn Blend Whole Wheat Bread (1) Mandarin Oranges 1% Milk Margarine	Oatmeal (1) Whole Grain Cheerios (1) Whole Grain Waffle (1) Whole Grain Pancake (1) Whole Grain Breakfast Pizza (1) Fresh Fruit (2) Egg Patty (3)
Week 2						
07/13-07/17 08/17-08/21 09/21-09/25 10/26-10/30	Chipotle Meatloaf Red Skin Potatoes Green Beans Whole Wheat Bread (1) <u>Mandarin Oranges</u> 1% Milk Margarine	Honey Mustard Chicken Sweet Potatoes <u>Brussel Sprouts</u> Whole Wheat Bread (1) Fresh Banana 1% Milk Margarine	Pork Patty with Rice with Roasted Garlic Gravy Succotash Carrots Whole Wheat Bread (1) <u>Tropical Fruit</u> 1% Milk Margarine	Vegan Chicken Nuggets Green Pea Blend  Butternut Squash Whole Wheat Bread (1) <u>Mandarin Oranges</u> 1% Milk Margarine	Pollock with Spinach Alfredo Sweet Potatoes <u>Cauliflower</u> Whole Wheat Bread (1) Fresh Seasonal Fruit 1% Milk Margarine	Oatmeal (1) Cornflakes (1) Whole Grain Waffle (1) Whole Grain Pancake (1) Whole Grain Breakfast Pizza (1) Fresh Fruit (3) Egg Patty (2)
Week 3						
07/20-07/24 08/24-08/28 09-28-10/2	Ginger Pork Red Skin Potatoes Green Pea Blend Whole Wheat Bread (1) Fresh Orange 1% Milk Margarine	Beef Patty with Onion Gravy Red Skin Potatoes <u>Broccoli Florets</u> Whole Wheat Bread (1) <u>Fresh Banana</u> 1% Milk Margarine	Pork Patty with Rice And Roasted Garlic Gravy Succotash Carrots Whole Wheat Bread (1) <u>Mandarin Oranges</u> 1% Milk	Chicken Teriyaki Rice Sweet Potatoes <u>Brussel Sprouts</u> Whole Wheat Bread (1) Fresh Seasonal Fruit 1% Milk Margarine	Beef Chili with Beans Carrots <u>Broccoli Florets</u> Whole Wheat Bread (1) Fresh Apple 1% Milk Margarine	Oatmeal (1) Whole Grain Cheerios (1) Whole Grain Waffle (1) Whole Grain Pancake (1) Whole Grain Breakfast Pizza (1) Fresh Fruit (2) Egg Patty (3)
Week 4						
07/27-07/31 08/31-09/04 10/05-10/09	Pizzaiola Pork Asparagus Carrots Whole Wheat Bread (1) <u>Tropical Fruit</u> 1% Milk Margarine	Creamy Country Fried Steak Red Skin Potatoes Mixed Vegetables Whole Wheat Bread (1) <u>Fresh Orange</u> 1% Milk Margarine	Pollock Nuggets Northern Beans Broccoli Florets Whole Wheat Bread (1) Fresh Banana 1% Milk Margarine	Grilled Chicken with Rice and Gravy Bean Blend Carrots Whole Wheat Bread (1) <u>Mandarin Oranges</u> 1% Milk Margarine	Pork Patty with Gravy Spinach Sweet Potatoes Whole Wheat Bread (1) <u>Tropical Fruit</u> 1% Milk Margarine	Oatmeal (1) Cornflakes (1) Whole Grain Waffle (1) Whole Grain Pancake (1) Whole Grain Breakfast Pizza (1) Fresh Fruit (3) Egg Patty (2)
Week 5						
08/03-08/07 09/07-09/11 10/12-10/16	Breaded Pollock Autumn Blend Butternut Squash Whole Wheat Bread (1) Fresh Orange 1% Milk Margarine	Pork Patty with Zesty Orange Rice Green Peas Carrots Whole Wheat Bread (1) Tropical Fruit 1% Milk Margarine	Chicken and Honey Lemon Rice Black Bean and Corn Brussel Sprouts Whole Wheat Bread (1) Fresh Seasonal Fruit 1% Milk Margarine	Pollock with Coconut Curry Rice Three Seasons Blend Broccoli Florets Whole Wheat Bread (1) Fresh Banana 1% Milk Margarine	Pizzaiola Pork Asparagus Carrots Whole Wheat Bread (1) Tropical Fruit 1% Milk Margarine	Oatmeal (1) Whole Grain Cheerios (1) Whole Grain Waffle (1) Whole Grain Pancake (1) Whole Grain Breakfast Pizza (1) Fresh Fruit (2) Egg Patty (3)

Weekly deliveries will include the following:

- Five (5) frozen meals
- Whole wheat bread
- Fresh fruits
- Low-fat milk
- Breakfast items (oatmeal, cereals, waffle, pancake, breakfast pizza, egg patties)

Preventing foodborne illness, it is important to:

1. Wash fresh fruits thoroughly before consumption.
2. Freeze or refrigerate food immediately.
3. Cook or reheat food thoroughly.
4. Follow Meal Heating Instructions.

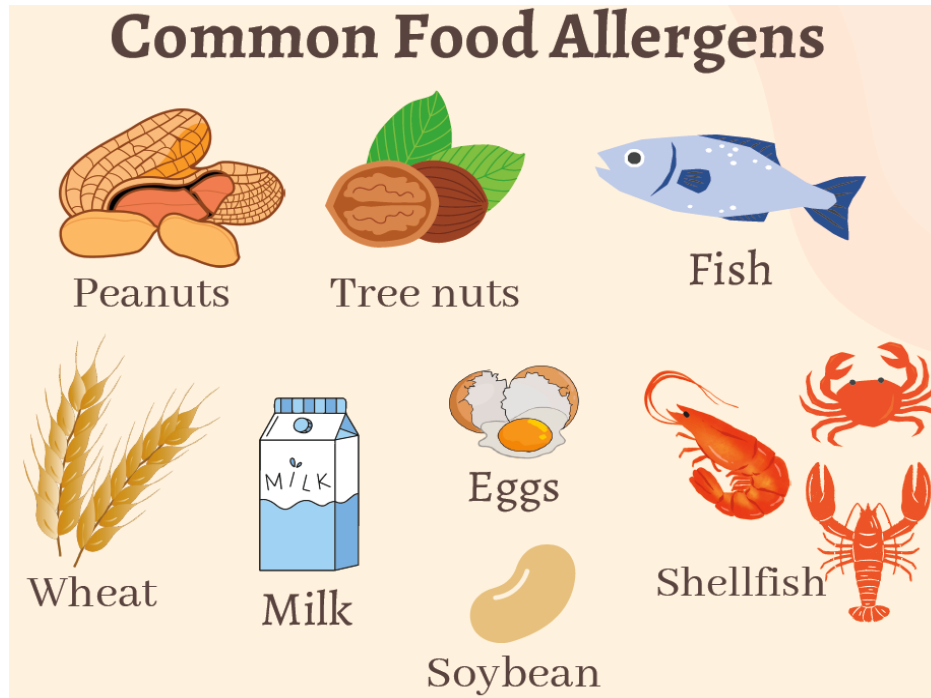
Meal Heating Instructions

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.

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 delivery during the holiday.

HOLIDAY	DELIVERY DATE
Labor Day	
Monday 9/7/26	Friday 9/4/26

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

**Santa Clara County
Meals on Wheels
(July 6th – October 30th, 2026)**



The Meals on Wheels menu has a weekly average of 550 calories, less than 760 mg sodium, and less than 30% calories from fat per lunch meal.

Meals are delivered weekly according to the assigned day and approximate time frame. It is important that you are home to receive the meals. For food safety reasons, requests to leave meals outside the front or back door **will not** be accepted.



Meals on Wheels is a partnership between Santa Clara County and Sourcewise.