

Santa Clara County Meals on Wheels – Regular Menu

May 4th – July 5th, 2026

		DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
WEEK 1								
WEEK #1 5/4-5/10 6/8-6/14	BREAKFAST Items	Cheerios Cereal Whole Wheat Bread (1) Fresh Pear Pinto Beans	Oatmeal Peanut Butter Whole Wheat Bread (2) Fresh Apple	Cornflakes Cereal Whole Wheat Bread (1) Fresh Banana Kidney Beans	Breakfast Pizza Whole Wheat Bread (2) Applesauce	Crisp Rice Cereal Whole Wheat Bread (1) Apple Juice Mozzarella Cheese Stick	Oatmeal WOW Butter Whole Wheat Bread (2) Pineapple Tidbits	Turkey Sausage Link (2) Waffle w/ Diet Syrup Whole Wheat Bread (1) Fruit Juice Blend
	LUNCH Items	Three Bean Barley Salad over Fresh Lettuce Mix Whole Wheat Bread (2) Low Fat Milk Fresh Orange	Cilantro Chicken Salad Whole Wheat Bread (2) Coleslaw w/ Carrots & Pineapple Low Fat Milk Fresh Orange	Turkey Breast w/ Gravy Whipped Potatoes Parslied Carrots Whole Wheat Bread (2) Low Fat Milk Fresh Orange	Teriyaki Pork Sweet Potatoes Corn & Lima Beans Whole Wheat Bread (2) Low Fat Milk Fresh Orange	Pesto Basil Chicken Lima Beans & Three Seasons Vegetables Whole Wheat Bread (2) Low Fat Milk Fresh Orange	Salisbury Steak Roasted Potatoes & Mixed Vegetables Whole Wheat Bread (2) Low Fat Milk Fresh Orange	Pollock Nuggets Northern Beans & Broccoli Whole Wheat Bread (2) Low Fat Milk Fresh Orange
WEEK 2								
WEEK #2 5/11-5/17 6/15-6/21	BREAKFAST Items	Omelet Cheddar Cheese Whole Wheat Bread (2) Fresh Apple	Crisp Rice Cereal Whole Wheat Bread (1) Fresh Banana	Oatmeal WOW Butter Whole Wheat Bread (2) Apple Juice	Cheerios Cereal Whole Wheat Bread (1) Fresh Pear Mozzarella Cheese Stick	Turkey Sausage Link (2) Pancake w/ Diet Syrup Whole Wheat Bread (1) Fresh Orange	Hard Boiled Egg Cornflakes Cereal Whole Wheat Bread (1) Applesauce	Oatmeal Peanut Butter Whole Wheat Bread (2) Apple Juice
	LUNCH Items	Garden Chicken Salad over Fresh Lettuce Mix Whole Wheat Bread (2) Low Fat Milk Fresh Orange	Egg Patty & Cheese Sandwich Whole Wheat Bread (2) Coleslaw w/ Carrots Low Fat Milk Fresh Orange Lentils	Balsamic Onion Chicken Sweet Potatoes Brussels Sprouts Whole Wheat Bread (2) Low Fat Milk Fresh Banana	Beef Meatballs w/ Gravy Peas & Carrots Baked Beans Whole Wheat Bread (2) Low Fat Milk Fresh Orange	Breaded Pollock Wedge Butternut Squash & Autumn Blend / Chickpeas Whole Wheat Bread (2) Low Fat Milk Fresh Orange	Teriyaki Chicken Sweet Potatoes & Brussels Sprouts Whole Wheat Bread (2) Low Fat Milk Fresh Orange	Cilantro Lime Meatballs Bean Blend & Carrots Whole Wheat Bread (2) Low Fat Milk Fresh Orange
WEEK 3								
WEEK #3 5/18-5/24 6/22-6/28	BREAKFAST Items	Cheerios Cereal Whole Wheat Bread (1) Fresh Pear Lentils	Oatmeal WOW Butter Whole Wheat Bread (2) Fresh Apple	Cornflakes Cereal Whole Wheat Bread (1) Fresh Banana Kidney Beans	Turkey Sausage Link (2) Whole Wheat Bread (2) Applesauce	Crisp Rice Cereal Whole Wheat Bread (1) Apple Juice Mozzarella Cheese Stick	Oatmeal Peanut Butter Whole Wheat Bread (2) Pineapple Tidbits	Waffle w/ Diet Syrup Whole Wheat Bread (1) Turkey Sausage Links (2) Fruit Juice Blend
	LUNCH Items	Italian Chicken Pasta Salad over Fresh Lettuce Mix Whole Wheat Bread (2) Low Fat Milk Fresh Orange	Asian Tuna Salad Whole Wheat Bread (2) Low Fat Milk Fresh Orange	Pork Loin w/ Steakhouse Sauce Sweet Potatoes Spinach Whole Wheat Bread (2) Low Fat Milk Fresh Orange	Turkey & White Bean Chili Carrots Green Beans Whole Wheat Bread (2) Low Fat Milk Fresh Orange	Meatballs with Alfredo Pasta Shells Corn & Green Beans Whole Wheat Bread (2) Low Fat Milk Fresh Orange	Pork Patty w/ Gravy Sweet Potatoes & Spinach Whole Wheat Bread (2) Low Fat Milk Fresh Orange	Alfredo Spinach Pollock Sweet Potatoes & Cauliflower Whole Wheat Bread (2) Low Fat Milk Fresh Orange
WEEK 4								
WEEK #4 5/25-5/31 6/29-7/5	BREAKFAST Items	Cheerios Cereal Whole Wheat Bread (1) Fresh Apple Pinto Beans	Oatmeal Peanut Butter Whole Wheat Bread (2) Fresh Banana Mozzarella Cheese Stick	Cornflakes Cereal Whole Wheat Bread (1) Fresh Banana Kidney Beans	Egg Patty (2) Cheddar Cheese Whole Wheat Bread (2) Applesauce	Crisp Rice Cereal Whole Wheat Bread (1) Apple Juice Mozzarella Cheese Stick	Oatmeal WOW Butter Whole Wheat Bread (2) Pineapple Tidbits	Turkey Sausage Link Waffle w/ Diet Syrup Whole Wheat Bread (1) Fruit Juice Blend
	LUNCH Items	Turkey Salad over Fresh Spinach Salad Whole Wheat Bread (2) Low Fat Milk Fresh Orange	Tuna Salad Whole Wheat Bread (2) Marinated Carrot Salad Low Fat Milk Fresh Orange	Garlic Rosemary Chicken w/ Gravy Lentil Vegetable Pilaf 4-Way Vegetable Blend Whole Wheat Bread (2) Low Fat Milk Fresh Orange	Beef Patty w/ Mushroom Gravy Sweet Potatoes Spinach Whole Wheat Bread (2) Low Fat Milk Fresh Orange	Pork Patty with Roasted Garlic Gravy Succotash & Carrots Whole Wheat Bread (2) Low Fat Milk Fresh Orange	Breaded Pollock Green Peas & Carrots Whole Wheat Bread (2) Low Fat Milk Fresh Orange	Chickpea & Sweet Potato Chili Corn & Broccoli Whole Wheat Bread (2) Low Fat Milk Fresh Orange
WEEK 5								
WEEK #5 6/1-6/7	BREAKFAST Items	Omelet Cheddar Cheese Whole Wheat Bread (2) Fresh Banana	Crisp Rice Cereal Whole Wheat Bread (1) Fresh Banana Mozzarella Cheese Stick	Oatmeal WOW Butter Whole Wheat Bread (2) Fresh Apple	Cheerios Cereal Whole Wheat Bread (1) Fresh Pear Mozzarella Cheese Stick	Turkey Sausage Links (2) Pancake w/ Diet Syrup Whole Wheat Bread (1) Fruit Blend Juice	Hard Boiled Egg Cornflakes Cereal Whole Wheat Bread (1) Applesauce	Oatmeal Peanut Butter Whole Wheat Bread (2) Apple Juice
	LUNCH Items	Garden Chicken Salad over Fresh Lettuce Mix Whole Wheat Bread (2) Low Fat Milk Fresh Orange Black Beans	Egg Salad Whole Wheat Bread (2) Coleslaw w/ Carrots Low Fat Milk Fresh Orange	Cilantro Lime Pollock Sweet Potatoes Fiesta Vegetables Whole Wheat Bread (2) Low Fat Milk Fresh Orange	Turkey Shepherd's Pie Capri Vegetable Blend Stewed Tomatoes Whole Wheat Bread (2) Low Fat Milk Fresh Orange	Macaroni & Cheese Bean Blend & Brussels Sprouts Chickpeas Whole Wheat Bread (2) Low Fat Milk Fresh Orange	Pork Patty w/ Pizzaiola Sauce Asparagus & Carrots Lentils Whole Wheat Bread (2) Low Fat Milk Fresh Orange	Chicken w/ Rice & Gravy Bean Blend & Carrots Whole Wheat Bread (2) Low Fat Milk Fresh Orange

Menu is subject to change.



Vegetarian Meal

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.

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 holiday.

HOLIDAY	DELIVERY DATES
Memorial Day	
Monday 5/25/26	Friday 5/22/26

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
May 4th – July 5th, 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.

*Nutrition education is provided for nutrients not meeting 2/3 DRI.