

JULY 2008
PENINSULA VOLUNTEERS



MEALS
ON WHEELS

ALL MENUS ARE SUBJECT TO CHANGE

Food Safety

Remember to refrigerate unused portions of your meal. After three days all food should be discarded. Microscopic germs can grow in food and you want to be extra careful with food safety. As the saying goes- "If in doubt, throw it out"



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 Celebrating a birthday in July! 1	BBQ Meatloaf Collard Greens Chuck Wagon Corn Bun Cookie (SF- Sugar free Cookie) 2	Oriental Pea Salad Sesame Pepper Chicken Steamed Rice Green Beans & Red Peppers Banana 2	Macaroni Beef Casserole W/Cheese topping Broccoli & Carrots Roll Apple & Orange Double Meal 4	 No Delivery 4
Herbed Baked Chicken Peas & Carrots Spinach Whole Wheat Bread Mandarin Oranges 7	Beef Stew/Veggies Whipped Potato Broccoli & Cauliflower Whole Wheat Bread Chocolate Pudding (SF-Sugar Free Pudding) 8	Coleslaw Ziti & Meat sauce Zucchini Garlic Bread Oatmeal Raisin Cookie (SF-Sugar Free Cookie) 9	Green Salad w/tomatoes Sweet & Sour Chicken w/ Sautéed Peppers Steamed Rice Asian Mixed Vegetables Apple 10	Ham/Scalloped Potato Cass Carrots Lima Beans Whole Wheat Bread Orange 11
Three Bean Salad Pork Fried Rice Oriental Blend Veggies Roll Apple Sauce 14	Macaroni & Cheese Stewed Tomatoes Green Peas Whole Wheat Bread Banana 15	Beets over Greens Salad Sweet/Sour Peppered Chicken Rice Pilaf Broccoli Cuts Lemon Cake (so-Sugar Free Cake) 16	Three Bean Salad Vegetable lasagna Carrots Roll Orange 17	Crumb Topped Fish w/Lemon sauce Lyonnaise Potatoes Steamed Spinach Whole Wheat Bread Apple 18
Chicken Stew w/Veggies Whipped Potatoes Green Peas Oatmeal Cookie (SF-Sugar Free Cookie) 21	Green Salad Turkey Bacon/Cheese Frittata Carrots Whole Wheat Roll Seasonal Fresh Fruit 22	Fresh Melon Salad Fish Tacos Spanish Rice Refried Beans Corn Tortilla/Banana 23	Chickpea Salad Chicken A La King Whipped Potatoes Buttermilk Biscuit Apple Sauce 24	Beef Stroganoff over Noodles Brussels Sprouts Carrots Vanilla Pudding (SF-Sugar Free Pudding) 25
Beef Lasagna Zucchini Cauliflower Whole Wheat Bread Pear 28	Melon Salad Tuna Noodle Casserole Scalloped Tomatoes Roll Orange 29	Spinach Romaine Salad/W Croutons Meatloaf w/Gravy Potatoes O'Brien Winter Mix Vegetables Banana 30	Spinach Orange Salad Baked fish Vera Cruz Brown Rice Mixed Vegetables Fruit Crisp 31	

Partial funding given by Aging and Adult Services of San Mateo County

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*All meals served with 1% milk