









**Meals on Wheels Asian Fusion Menu  
December 2023**



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Nov 27</b> Teriyaki glazed salmon with mushroom flavored brown rice, roasted butternut squash and Brussels sprouts Fresh fruit	<b>28</b> Lemongrass chicken stir fry with whole wheat pasta, sautéed spinach and eggplant Mandarin orange	<b>29</b> Asian style shaking beef with brown rice, bell peppers and tomatoes Fresh fruit	<b>30</b> Char siu pork with egg noodles and baby bok choy Kiwi	<b>Dec 1</b> Yellow curry tofu with jasmine brown rice, carrots, onions and potatoes Orange 	<b>2</b> Five-spice roasted chicken with garlic whole wheat noodles and roasted sweet potatoes Mandarin orange	<b>3</b> Beef sautéed with asparagus and peppercorn sauce with tomato flavored brown rice and grilled squash Kiwi
<b>4</b> Grilled pork with rice noodles, spinach and bell pepper Fresh fruit	<b>5</b> Tamarind salmon with whole wheat pasta, tomato sauce, potatoes and roasted Brussels sprouts Fresh fruit	<b>6</b> Ground beef and soft tofu with mixed mushrooms-stuffed bell pepper and whole wheat pasta Fresh fruit	<b>7</b> Sweet and sour chicken with tomato flavored brown rice and steamed broccoli and cauliflower Fresh fruit	<b>8</b> Vietnamese turmeric fish with aromatic green scallions and dill, brown rice and garlic green beans Orange <b>**Office closed - Meals delivered on 12/1**</b>	<b>9</b> Korean barbecue beef with Korean noodles and roasted butternut squash Mandarin orange	<b>10</b> Panang chicken curry with bell pepper, brown jasmine rice and steamed carrots Fresh fruit
<b>11</b> Caramelized fish with brown rice, cauliflower and sweet potatoes Fresh fruit	<b>12</b> Hainan chicken and chicken broth flavored rice with roasted Brussels sprouts and carrots Orange	<b>13</b> Sautéed tofu with onion, baby bamboo shoots and garlic whole wheat noodles, steamed green peas and zucchini Mandarin orange 	<b>14</b> Steamed egg meatloaf with tomato brown rice, broccoli and butternut squash Fresh fruit	<b>15</b> Chicken stuffed with spinach and house mushroom sauce, with garlic whole wheat pasta Kiwi	<b>16</b> Bell pepper stuffed with soft tofu, spinach, mushroom sauce, brown rice, zucchini and yellow squash Fresh fruit 	<b>17</b> Beef stew with carrots, potatoes, onions, brown rice and steamed green peas Kiwi
<b>18</b> Black pepper chicken with onion, baby bamboo shoots, eggplant, carrots and garlic brown rice Fresh fruit	<b>19</b> Tofu with tomatoes, king mushrooms and onion, steamed brown rice and roasted zucchini Orange 	<b>20</b> Chicken sautéed with ginger, with turmeric flavored brown rice and steamed broccoli and carrots Fresh fruit	<b>21</b> Sautéed tofu with mixed mushrooms, green beans, onions, whole wheat pasta and carrots Kiwi 	<b>22</b> Stir fry ground beef with tomatoes, onion, bell pepper, garlic, green beans and garlic pasta Fresh fruit	<b>23</b> Honey lemon glazed salmon with whole wheat pasta, roasted cauliflower and potatoes Fresh fruit	<b>24</b> Basil chicken stir fry bell pepper with tomato pasta, steamed broccoli and sweet potatoes Fresh fruit
<b>25</b> Teriyaki glazed salmon with mushroom flavored brown rice, roasted butternut squash and Brussels sprouts Fresh fruit <b>**Office closed - Meals delivered on 12/18**</b>	<b>26</b> Lemongrass chicken stir fry with whole wheat pasta, sautéed spinach and eggplant Mandarin orange <b>**Office closed - Meals delivered on 12/19**</b>	<b>27</b> Asian style shaking beef with brown rice, bell peppers and tomatoes Fresh fruit <b>**Office closed - Meals delivered on 12/20**</b>	<b>28</b> Char siu pork with egg noodles and baby bok choy Kiwi <b>**Office closed - Meals delivered on 12/21**</b>	<b>29</b> Yellow curry tofu with jasmine brown rice, carrots, onions and potatoes Orange  <b>**Office closed - Meals delivered on 12/22**</b>	<b>30</b> Five-spice roasted chicken with garlic whole wheat noodles and roasted sweet potatoes Mandarin orange	<b>31</b> Beef sautéed with asparagus and peppercorn sauce with tomato flavored brown rice and grilled squash Kiwi
<b>Jan 1</b> Grilled pork with rice noodles, spinach and bell pepper Fresh fruit <b>**Office closed - Shelf-stable meals (regular menu) delivered on 12/11**</b>	<b>2</b> Tamarind salmon with whole wheat pasta, tomato sauce, potatoes and roasted Brussels sprouts Fresh fruit	<b>3</b> Ground beef and soft tofu with mixed mushrooms-stuffed bell pepper and whole wheat pasta Fresh fruit	<b>4</b> Sweet and sour chicken with tomato flavored brown rice and steamed broccoli and cauliflower Fresh fruit	<b>5</b> Vietnamese turmeric fish with aromatic green scallions and dill, brown rice and garlic green beans Orange	<b>6</b> Korean barbecue beef with Korean noodles and roasted butternut squash Mandarin orange	<b>7</b> Panang chicken curry with bell pepper, brown jasmine rice and steamed carrots Fresh fruit

Each meal includes a serving of fresh fruit (subject to availability), along with a choice of 1% milk, or 100% apple or orange juice.

Only fish and pork may be substituted with prior notice. All meals contain maximum 800 mg sodium.



indicates a vegetarian meal

Delivery times may vary between 9:00 am & 3:30pm on designated day. Meal cancellation must be made by 10:00am on the previous working day. Call (408) 961-9870. OTTY/TDD: (800) 735-2929 or 7-1-1

Put frozen meals in your freezer as soon as you get them. Hot meals should be eaten right away or placed in the refrigerator to reheat later. If you thaw a frozen meal before you cook it, always thaw it in the refrigerator, not out on the counter. You should eat a frozen meal within 5 days of placing it in the refrigerator. Do not refreeze a meal once it is thawed. For best quality, meals that have been kept frozen should be eaten within 6 months of the production date.

All persons aged 60 and above are eligible without regard to race, national origin, gender, or disability. Menus are written by site staff and approved by Senior Nutrition Program's Registered Dietitian.