

SEPTEMBER 2025 | HOME-DELIVERED MEALS 5 DAY BULK

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 No Regular Delivery Chicken Parmesan Green beans Corn Whole wheat bread Applesauce	2 Vegetarian Chili with cheese Corn Carrots Whole wheat bread Banana	3 Beef & Cheese enchilada Mexi-Corn California blend vegetable Orange juice	4 Chicken Primavera Carrots Green beans Whole wheat bread Banana	5 Roast Beef w/ gravy Mashed potatoes Peas 1 Pkg Graham Crackers Whole wheat bread Orange/pineapple juice
8 Mushroom Chicken over brown rice Cauliflower Broccoli 1 Pkg Graham Crackers Applesauce	9 Meatloaf with gravy Sweet Potatoes California blend veggies Whole wheat bread Banana	10 Sweet and Sour chicken over brown rice Oriental blend vegetables Peas Whole wheat bread Banana	11 Spaghetti w/meatballs (plant-based) Broccoli Mixed vegetables Orange juice	12 Turkey Enchilada casserole Carrots Green beans Whole wheat bread Orange/pineapple juice
15 Turkey Noodle Casserole Broccoli Mixed vegetables 1 Pkg. Graham Crackers Whole wheat bread	16 Teriyaki meatballs over brown rice Carrots Green beans Whole wheat bread Orange/Pineapple juice	17 Pescado a la Mexicana over rice Zucchini / Corn 1 pkg Graham Crackers Whole wheat bread Orange juice	18 Chicken Cacciatore & Rotini Spinach Mixed vegetables Whole wheat bread Banana	19 Glazed Turkey Ham Sweet potatoes FrenchCut Green Beans Whole wheat bread Applesauce Banana
22 Vegetarian Beef Strognoff Egg Noodles Carrots / Peas Whole wheat bread Applesauce Banana	23 Breaded Fish over brown rice Broccoli Mixed vegetables Whole wheat bread Banana	24 Chicken Fajitas Brown rice Mexi-Corn Whole wheat bread Banana	25 Meatloaf w/ gravy Mashed potatoes Calif. Blend vegetables 1 Pkg. Graham Crackers Whole wheat bread Banana	26 Chili w/ brown rice Corn & Carrots Peas Whole wheat bread Orange juice
29 Curry Chicken with brown rice Cauliflower/Mixed Vegeta Whole wheat bread 1 Pkg Graham Crackers Banana	30 Tuna Noodle casserole Spinach Stewed tomatoes 1 Pkg. Graham Crackers Applesauce Banana	 COMMUNITY BRIDGES PUENTES DE LA COMUNIDAD	DELIVERY HOURS ARE: NORTH COUNTY 10:00 - 2:00 SOUTH COUNTY 10:30-2:30 YOU MAY NOT RECEIVE YOUR DELIVERY AT THE SAME TIME EVERY WEEK. IF YOU HAVE NOT RECEIVED YOUR DELIVERY BY 2:00 P.M. CALL 831 464-3180 EXT. 100	

FOR QUESTIONS ABOUT YOUR MEALS DELIVERY, INCLUDING CANCELLATIONS CALL 831 464-3180 EXT. 100 CONTRIBUTIONS:

Please mail contributions to:
Meals on Wheels
Fiscal Office / A.R.
519 Main St.
Watsonville, CA 95076

There is no obligation to contribute. No one will be denied meals if he or she is unable to make a contribution.

BREAD AND MILK:
Sliced bread is delivered:
5-meal package 4 slices
7-meal package 6 slices

Each meal is delivered with 1/2 pint of 1% milk.

If you receive a week's supply of meals substitutions are not allowed



LUNES	MARTES	MIERCOLES	JUEVES	VIERNES
1 No Entrega Regular Pollo Parmesano Ejotes Maiz de elote Pan de trigo integral Puré de manzana	2 Frijoles Picantes vegetarianos c/queso Maiz de elote Zanahorias Pan de trigo integral Platano	3 Enchilada de res y queso Maiz de elote Mexicano Verduras mixtas California Jugo de naranja	4 Pollo estilo Primavera en fideos Zanahorias Ejotes Pan de trigo integral Platano	5 Carne rostizada c/aliño Puré de papa Chicharos 1 pqt. Galletas Graham Pan de trigo integral Jugo de naranja/piña
8 Pollo con hongos en arroz café Brocoli Coliflor 1 pqt. Galletas Graham Puré de manzana	9 Pan de carne con aliño Camotes Vegetales mixtos California Pan de trigo integral Platano	10 Pollo agridulce en arroz café Vegetales mixtos Oriental Chicharos Pan de trigo integral Platano	11 Espaguetti con albondigas (hecho de plantas) Vegetales mixtos Brocoli Jugo de naranja	12 Caserola de Enchilada de pavo Zanahorias Ejotes Pan de trigo integral Jugo de naranja/piña
15 Caserola de Pavo c/fideos Brocoli Vegetales mixtos 1 Pqt. Galletas Graham Pan de trigo integral	16 Albondigas Teriyaki en arroz café Zanahorias Ejotes Pan de trigo integral Jugo de naranja/piña	17 Pescado a la Mexicana en arroz café Zucchini / Maiz 1 Pqt. Galletas Graham Pan de trigo integral Jugo de naranja	18 Pollo estilo Italiano con fideos rotini Espinacas Vegetales mixtos Pan de trigo integral Platano	19 Jamon de pavo c/aliño Camotes Ejotes corte Frances Pan de trigo integral Puré de manzana Platano
22 Estroganof Vegetariano Fideos de huevo Zanahorias / Chicharos Pan de trigo integral Puré de manzana Platano	23 Pescado empanizado en arroz cafe Brocoli Vegetales mixtos Pan de trigo integral Platano	24 Fajitas de pollo Arroz café Maiz de elote Mexicano Pan de trigo integral Platano	25 Pan de carne con aliño Puré de papa Vegetales mixtos California 1 Pqt. Galletas Graham Pan de trigo integral Platano	26 Frijoles picantes en arroz café Maiz y Zanahorias Chicharos Pan de trigo integral Jugo de naranja
29 Pollo carí con arroz café Coliflor / Vegetales mixtos 1 pqt. Galletas Graham Pan de trigo integral Platano	30 Caserola de atun y fideos Espinacas Tomates herbidos 1 Pqt. Galletas Graham Puré de manzana Platano	 COMMUNITY BRIDGES PUENTES DE LA COMUNIDAD		

SI TIENE PREGUNTAS SOBRE SU ENTREGA, INCLUSO CANCELACIONES LLAMAR A 831 464-3180 EXT. 100

CONTRIBUCIONES:
Favor de enviar contribuciones a:
Meals on Wheels
Fiscal Office / A.R.
519 Main St.
Watsonville, CA 95076

No hay obligacion de contribuir. Contribuciones son voluntarias y a nadie se le negará comidas si no puede contribuir.

PAN Y LECHE:
 Pan rebanado es entregado:
 caja de 5 comidas 4 rebanadas
 caja de 7 comida 6 rebanadas

Cada comida se sirve con 1/2 pinta de leche de 1%

Si usted recibe una semana de comidas no se permiten sustituciones.

