

YOUR FINANCIAL SUPPORT ENABLES US TO PROVIDE THIS SERVICE TO YOU.  
 THIS PROGRAM IS PARTIALLY FUNDED BY ALAMEDA COUNTY AREA AGENCY ON AGING

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
VIT A: * VIT C: + HIGH SODIUM MEAL: <> DIETS: ( )				
3 Salisbury steak with gravy whole grain biscuit carrots* mash potato orange+	4 Chicken with pear & leek sauce whole grain pasta kale+* cn peach	5 Seafood salad over lettuce w/cherry tomato confetti rice salad ls cream of broccoli soup fresh fruit cup+	6 Pork posole with hominy and brown rice peas+ mixed vegetables pineapple chunks+	7 Fish with lemon dill sauce over brown rice California blend vegetables+* green beans applesauce
10 Swedish meatballs with whole grain noodles Swiss Chard+* Cauliflower+ applesauce	11 Chicken Gumbo with vegetables brown rice broccoli+ cn apricots*	12 mild chipotle chicken salad on lettuce whole grain pasta tomato rice soup mandarin orange segments+	13 Roast turkey with home style gravy herb stuffing whipped yams* Green beans Almodine orange juice+ carrot cake (diet pudding)	14 Coconut curry fish with stir fry vegs brown rice kale+* fresh fruit cup
17 Mu Shu chicken with cabbage brown rice spinach* orange juice+ applesauce	18 Creamy garlic pasta with shrimp & mock crab Calif blend vegs+* peas spiced apple rings	19 chopped Tandoori chicken salad over lettuce whole wheat roll cream of carrot soup pineapple chunks+	20 Pork jambalaya with tomato and brown rice kale+* carrots* fresh fruit	21 whole grain spaghetti and meat sauce winter squash+ mixed vegetables fruit cocktail
24 Chicken with creamy cordon blue sauce brown rice broccoli+ mixed vegs cn apricots*	25 Beef macaroni casserole with cheese & tomato Swiss chard+* cauliflower petite banana	26 Tuna salad on lettuce greens & cherry tomato ls chunky vegetable soup Parker House roll mandarin orange segments+	27 White fish with creamy Florentine sauce brown rice green beans Brussel sprouts pineapple chunks+	28 Chicken with orange tomato couscous & chickpeas carrots* mixed vegetables fresh fruit cup+

A 1/2 pint of 1% low fat milk or fruit juice is served with each meal.

If you are on a prescribed therapeutic diet please inform Meals on Wheels staff and your meals will be modified for you. The nutritional content of the meals will be altered due to dietary restrictions.

Menus subject to change without notice. Rice or tortilla available upon request. Notify the office.

**Hot and cold meals must be consumed upon arrival.**



Weekend meals are ordered a week in advance &amp; delivered FROZEN on Thursday and Friday

SATURDAY	SUNDAY	<h3>Keeping Your Meals on Wheels Meal Safe</h3> <p>Your health and safety is very important to us. We strive to provide you with safe and nutritious meals. Please adhere to the following guidelines to maintain food safety and prevent any food related illness:</p> <p><b>Hot Meal Re-heating</b></p> <ul style="list-style-type: none"> <li>• Peel back lid or slit to vent.</li> <li>• Microwave for 2-3 minutes on high.</li> <li>• Oven: Remove plastic film from the meal.</li> <li>• Pre-heat oven to 350° F. Place meal on cookie sheet and heat for 10 minutes</li> <li>• Soup: Pour into a saucepan. Heat over medium heat until it holds a simmer for 5 minutes.</li> <li>• Supplemental Rice: Place in a microwave-proof container, cover, cook on high one minute.</li> </ul> <p>Rice container is not microwavable. Stir rice. Continue to heat for 30 seconds intervals until heated thoroughly and internal temperature reaches 165° F. You may also re-heat the rice in the oven at 350° F until heated through and internal temperature reached 165° F. Keep rice refrigerated until ready to re-heat. Please discard any rice not consumed on the day of delivery.</p> <p><b>Frozen Meal:</b></p> <p>Microwave: Peel back lid or slit film to vent. Cook on high for 1 minute. Check food after 1 minute. Stir as needed. Remove any bread products if adequately thawed. Turn tray. Cook additional 4-5 minutes depending on your microwave wattage. Carefully remove plastic film. Begin with the far corner to avoid contact with the hot steam.</p> <p>Oven: Remove plastic film from the meal.</p> <ul style="list-style-type: none"> <li>• Pre-heat oven to 350° F. Place meal on cookie sheet and heat for 30 minutes.</li> </ul> <p>Do not use toaster ovens to heat meals.</p> <p>The date stamp on the meals refers to that date the meal was produced. Please consume your hot or cold meal immediately upon delivery or keep refrigerated to maintain food safety. The hot and cold meals should be consumed on the same day they are delivered.</p> <p>Frozen meals may be kept under freezer conditions for 2 weeks. Please discard any meals that are older than these guidelines.</p> <p>We hope you enjoy your meals!</p> <p>Nutrition Notes provided by:  <i>Molly Russo, RD</i>  <b>Stanford Health Care - ValleyCare</b></p> <div style="text-align: center;">  </div>
<b>Apr 1</b> <b>Delivered Mar 31</b>	<b>Apr 2</b> <b>Delivered Mar 30</b>	
breakfast sausages pancake and syrup asparagus tips in white sauce orange juice+ applesauce	Samba meatballs rice carrots* mixed vegetables honeydew+	
<b>Apr 8</b> <b>Delivered Apr 7</b>	<b>Apr 9</b> <b>Delivered Apr 6</b>	
meatloaf sandwich with roll mash potato+ carrot coins* hot fruit compote	chicken breast sandwich with peppers & onions squash+ 1s pretzel roll seasonal fresh fruit	
<b>Apr 15</b> <b>Delivered Apr 14</b>	<b>Apr 16</b> <b>Delivered Apr 13</b> <b>HAPPY EASTER!</b>	
roast beef & gravy curly noodles yams* peas orange+	turkey sausages French toast w/ syrup asparagus tips in white sauce cantaloupe+ apple juice	
<b>Apr 22</b> <b>Delivered Apr 21</b>	<b>Apr 23</b> <b>Delivered Apr 20</b>	
teriyaki and pineapple chicken breast sandwich whole grain bun Brussels sprouts+ Cn peach	cheese enchiladas with black beans & creamy sauce fiesta blend vegetable 1s vegetable juice+* brown rice orange+	
<b>Apr 29</b> <b>Delivered Apr 28</b>	<b>Apr 30</b> <b>Delivered Apr 27</b>	
English muffin with cheese & turkey sausage diced potato cn apricot* orange juice+	stuffed shells with cheese & creamy red sauce cauliflower+ cannellini beans salt free crackers fruit compote	

VIT A: \*  
 VIT C: +  
 HIGH SODIUM MEAL: <>  
 DIETS: ( )

Frozen meals may be stored in freezer for up to 2 weeks.



# APRIL 2017

## VEGETARIAN MENU

510-574-2092

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 garden burger with sauce	4 macaroni and cheese bake	5 egg salad over lettuce w/ cherry tomato	6 bean and cheese burrito	7 veggie nuggets with sauce lemon dill sauce
10 veggie meatballs with noodles	11 stuffed shells with cheese	12 three bean salad on lettuce	13 veggie nuggets with sauce & rice	14 coconut curry tofu with stir fry vegs
17 Mu Shu tofu with cabbage	18 Creamy garlic pasta with cheese and legumes	19 egg salad over lettuce	20 red beans and rice	21 spaghetti and marinara sauce w/veg crumbles
24 pasta primavera with cheese	25 macaroni casserole with cheese & tomato	26 tossed salad w/edamame and hard boiled egg	27 pasta with creamy sauce and veg meatballs	28 cheese manicotti
SATURDAY	SUNDAY	<p>A 1/2 pint of 1% low fat milk is served daily. If you are on a prescribed therapeutic diet please inform Meals on Wheels staff and your meals will be modified for you. The nutritional content of the meals will be altered due to dietary restrictions. Please refer to Meals on Wheels menu for entree side items and applicable order and delivery dates.</p> <div style="text-align: center; margin-top: 20px;">  </div>		
1 pancake and veggie sausages	2 Samba veg meatballs			
8 black bean burger on bun	9 tofu steak sandwich with peppers & onions			
15 vegetarian lasagna	16 <b>HAPPY EASTER!</b> French toast and veggie sausages			
22 teriyaki and pineapple veggie burger	23 cheese enchiladas with black beans & creamy sauce			
29 English muffin with cheese & veggie sausage	30 stuffed shells with cheese & creamy red sauce			

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### April Birthdays

Andrew	Elzie	Ligaya	Ralph	Tillie
Arlene	Harbhanjan	Mary	Renee	Toyoko
Cleatus	Harjid	Nathan	Sau Chun	Yaqub
Edward	John	Oralia	Shajan	
Elsie	Josephine	Pain	Sharon	
Elvira	Kathleen	Pedro	Shirley	