

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: ()	
	1	2	3	4
	tuna noodle casserole carrots* green beans pineapple chunks+	pesto chicken and pasta salad w/ cherry tomato cream of pea soup wheat roll ls vegetable juice cantaloupe chunks+	Thai noodles and pork greens+* carrots applesauce	chicken gyro w/ onions & peppers kale+* wheat pita tzatziki sauce hot fruit compote
7	8	9	10	11
chicken papriksh with vegetables whole grain pasta Calif blend vegs+* applesauce	pork adobo with vegetables Brussel sprouts+ brown rice peach slices	Asian chicken and broccoli slaw salad cream of carrot soup peas salad salt free crackers citrus fruit cup+	Shepherd's pie w/ beef and potato Italian blend vegetables+ whole wheat bread can apricot*	Tandoori chicken with yogurt sauce brown rice broccoli+ carrots* fruit cocktail
14	15	16	17	18
pork loin with ginger peach sauce greens+* cauliflower+ wheat roll applesauce	turkey ragu with diced vegetables over polenta carrots* green beans orange+	lemon basil chicken salad on lettuce ls cream of chicken soup wheat pita melon chunks+*	seafood chowder with potato, shrimp & white fish peas+ ww roll seasonal fresh fruit	chicken posole with hominy Calif blend vegs+* brown rice cn peach
21	22	23	24	25
Spanish meatballs with brown rice broccoli+ carrots* fruit cocktail	pork chop with raisin sauce cauliflower + mixed vegetables whole grain noodles petite banana	chicken tabbouleh salad on lettuce ls tomato soup cucumber salad mandarin orange+	beef stroganoff with mushrooms curly noodles broccoli+ mix veggies cn apricots*	roast turkey with gravy ls stuffing yams* peas tropical fruit cup+
and FROZEN				
Sept 4th				
Holiday meal				
	29	30	31	
Peking style chicken brown rice Asian blend veg+ green beans	beef and cheese macaroni casserole Swiss chard+* mixed vegetables	shrimp, mock crab & grilled corn over lettuce ls cream of carrot soup salt free crackers	Chinese beef sauté with vegetables brown rice mustard greens+* applesauce	

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 & delivered FROZEN on Thursday and Friday

SATURDAY	SUNDAY	
5 Delivered Aug 4	6 Delivered Aug 3	<h2>Happy National Peach Month</h2> <p>Nothing says summer like a ripe and juicy peach! August is National Peach Month.</p> <p>A little history about the peach.....</p> <p>The peach originated in China and has special significance in Chinese culture; the peach has mystical attributes and supposedly brings luck, abundance and protection.</p> <p>More than half of the peaches grown in the United States are right here from California and there are over 170 different varieties grown.</p> <p>True wild peaches are only found in China. Unlike the cultivated fruit, the wild fruit is small, sour and very fuzzy.</p> <p>Peach varieties can be either clingstone, where the flesh of the fruit clings to the stone, or freestone, where the stone readily twists away from the fruit. The former type is generally used for canning; the latter is generally found in supermarkets. Clingstone and freestone peaches are available in both white and yellow varieties.</p> <p>Nutrition and Facts..... Peaches are good source of vitamins A, B and C. A medium peach contains only 37 calories and is fat free.</p> <p>You can ripen peaches by placing them in a brown paper bag for two to three days.</p> <p>Nectarines are a variety of peach with smooth skin.</p> <p>A little known fact... The term, "you're a real peach" originated from the tradition of giving a peach to a friend you like.</p> <p>Nutrition Notes provided by: <i>Molly Russo, RD</i> Stanford Health Care - ValleyCare</p> <div style="text-align: center;">   </div>
cheese enchiladas with mild sauce	roast beef sandwich with wheat sandwich roll	
broccoli+ fruited yogurt	mash potato and peas+	
brown rice	seasonal fresh fruit	
peach slices		
12 Delivered Aug 11	13 Delivered Aug 10	
fish with lemon sauce	creamy mushroom smothered chicken over biscuit	
fiesta corn	cauliflower	
mixed vegetables	mixed veggies	
brown rice	melon chunks+*	
orange+		
19 Delivered Aug 18	20 Delivered Aug 17	
meatloaf with gravy	sweet and sour chicken	
Brussel sprouts+ green salad w/dressing	broccoli+ mixed vegetables	
banana	brown rice	
	seasonal fresh fruit	
26 Delivered Aug 25	27 Delivered Aug 24	
bbq pork on brown rice	crunchy fish with malt vinegar	
Asian blend vegetables+ green beans	parker house roll	
cn pear	mustard greens+*	
	mixed vegetables	
	seasonal fresh fruit	

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

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

Frozen meals must remain frozen until ready to eat.

Heat to required temperature before eating.

Microwave: 3-5 minutes on high.

Oven: Place on baking sheet - heat for 30 minutes at 350°



AUGUST 2017

VEGETARIAN MENU

510-574-2092

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1	2	3	4
	macaroni and cheese	pesto pasta & garbanzo bean salad w/ cherry tomato	Thai noodles and tofu cubes	veggie nugget gyro w/ onions & peppers
7	8	9	10	11
stuffed shells with cheese	bean and cheese burrito	Asian edamame and broccoli slaw salad	veggie nuggets with mash potato	Tandoori tofu cubes with yogurt sauce
14	15	16	17	18
tofu steak with ginger peach sauce	veggie meatballs over polenta	egg salad on lettuce	creamy pasta primavera with cheese	bean and cheese burrito
21	22	23	24	25
Spanish veggie meatballs	tofu cubes with raisin sauce	tabbouleh salad with legumes on lettuce	veggie meatballs with sauce and pasta	macaroni and cheese
and FROZEN				
Sept 4th				
Holiday meal				
	29	30	31	
Peking style tofu	cheese and macaroni casserole	egg salad on lettuce	Chinese tofu sauté with vegetables	
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;"> Stanford HEALTH CARE <small>STANFORD MEDICINE</small> </div> <div style="text-align: right; margin-top: 10px;"> </div>		
5	6			
cheese enchiladas with mild sauce	garden burger with wheat sandwich roll			
12	13			
black bean burger with lemon sauce	creamy mushroom smothered veggie crumbles over biscuit			
19	20			
veggie patty with gravy	sweet and sour tofu			
26	27			
garden burger on brown rice	cheese enchiladas			

August Birthdays

Adelaide	Biagio	Fale	Kuo	Rochus
Albert	Bill	Fun	Linda	Ruby
Arlene	Brenda	James	Maria	Sam Mui
Augustina	Crosby	James	Nina	Shuwen
Barry	Diane	Jean	Omkar Nath	Wolfgang
Beverly	Elsie	Jessie	Regina	