

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
1 veal cutlet with gravy mash potato peas+ ww roll applesauce	2 turkey with mole sauce brown rice carrots* zucchini orange+	3 Sesame pasta salad with chicken pea salad 1s cream of carrot soup  citrus fruit cup+	4 pork chop with cherry sauce brown rice kale+* mix veggies seasonal fresh fruit	5 bean and cheese burrito broccoli+ brown rice banana Flan (diet pudding)
8 chicken with creamy tarragon sauce brown rice Swiss Chard+* petite banana	9 linguini and white clam sauce winter blend vegetables+ sf vegetable juice hot fruit compote	10 Thai turkey salad on lettuce green bean salad sf crackers 1s veg pasta soup tropical fruit cup+	11 breaded lemon pepper tilapia whole grain pasta carrots* peas orange+	12 Masala chicken stew with peas & potatoes broccoli+ brown rice cn apricot*
15 fish with lemon dill sauce over brown rice California blend vegetables+* green beans applesauce	16 chicken with pear & leek sauce  whole grain pasta kale+* cn peach	17 seafood salad over lettuce w/cherry tomato confetti rice salad 1s cream of broccoli soup fresh fruit cup+	18 Salisbury steak with gravy  whole grain biscuit carrots* mash potato citrus fruit cup+	19 roast turkey with gravy  yams* peas herb stuffing pineapple chunks+
22 <b>AND May 29th frozen meal</b>	23	24	25	26
Swedish meatballs whole grain noodles Swiss chard+* cauliflower+ applesauce	Chicken gumbo w/okra broccoli+ brown rice cn apricot	mild chipotle chicken salad on lettuce whole grain pasta tomato rice soup mandarin orange segments+	coconut curry fish with vegetables brown rice kale+* fruit cocktail	pork posole with hominy brown rice peas+ corn fresh fruit in season
<b>MEMORIAL DAY - OFFICE CLOSED No Meal Delivery</b>	30	31		
grilled hamburger with whole grain bun broccoli+ corn berry cobbler (fruit)	Mu Shu chicken with cabbage brown rice spinach* orange+	tuna and white bean salad on lettuce 1s crackers cream of carrot soup pineapple chunks+		

VIT A: \*  
VIT C: +

HIGH SODIUM MEAL: <>  
DIETS: ( )

Hot and cold meals must be consumed upon arrival.

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.

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

SATURDAY		SUNDAY		<h2>GERD</h2> <p>It is estimated that every year 20 million people in the United States suffer from daily symptoms of <b>gastro esophageal reflux disease (GERD)</b>.</p> <p>GERD is a chronic condition that develops when the reflux of stomach contents causes bothersome symptoms or complications. It is typically due to an incompetent LES (lower esophageal sphincter). The LES serves as the barrier between your stomach and the esophagus. If the sphincter doesn't close completely or correctly the erosive acid from the stomach can go into the esophagus and cause the symptoms of GERD.</p> <p>Studies have demonstrated that GERD can cause a variety of pulmonary conditions: Chronic cough, bronchial asthma, bronchitis, and pneumonia. If you suspect you have GERD contact your doctor. There are medications and additional lifestyle changes that can help.</p> <p><b>Symptoms</b>            The most common symptom of GERD is heartburn. Other symptoms may include belching, dysphasia ( feeling like food is stuck in the throat), chronic sore throat or a sour taste. Sometimes there are no obvious symptoms.</p> <p><b>Dietary Management of GERD</b>            There are several dietary changes that may help with the symptoms of GERD. They include:</p> <ol style="list-style-type: none"> <li>1. Avoidance of large meals. Instead consume smaller, more frequent meals.</li> <li>2. Eat in a stress-free, relaxed environment.</li> <li>3. Sit down when you eat.</li> <li>4. Try limiting peppermint and spearmint</li> <li>5. Avoid chocolate.</li> <li>6. Avoid alcoholic beverages.</li> <li>7. Avoid caffeinated drinks like coffee, tea and colas.</li> <li>8. Avoid high fat foods (ex: fried, whole fat dairy)</li> </ol> <p>Nutrition Notes provided by:            Molly Russo, RD</p> <div style="text-align: center;">  </div>
6 Delivered May 5	open face tuna melt with Swiss cheese wheat bread Calif blend veg+* fruit cocktail	7 Delivered May 4	hot roast beef sandwich w/whole wheat bun green beans diced potatoes cantaloupe+	
13 Delivered May 12	Samba meatballs rice carrots mixed vegetables honeydew+	14 Delivered May 11	breakfast sausages pancake and syrup asparagus tips in white sauce orange juice+ applesauce	
20 Delivered May 19	meatloaf sandwich with roll mash potato+ carrot coins* hot fruit compote	21 Delivered May 18	chicken breast sandwich with peppers & onions squash+ ls pretzel roll seasonal fresh fruit	
27 Delivered May 26	turkey sausages vanilla spiced oatmeal asparagus tips in white sauce cantaloupe+ apple juice	28 Delivered May 25	roast beef & gravy curly noodles yams* peas orange+	

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

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



# MAY 2017

## VEGETARIAN MENU

510-574-2092

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 garden burger with gravy	2 cheese enchilada	3 Sesame pasta salad with edamame	4 tofu steak with cherry sauce	5 bean and cheese burrito
8 veggie nuggets with creamy sauce tarragon	9 macaroni and cheese	10 egg salad on lettuce	11 veggie patty with pasta	12 veggie meatballs and rice w/veg sauce
15 veggie meatballs with lemon dill sauce	16 stuffed shells with cheese	17 three bean salad on lettuce	18 black bean burger with sauce	19 veggie nuggets and rice
22 <b>And May 29 frozen</b>	23	24	25	26
Swedish veggie meatballs	red beans and rice	egg chicken salad on lettuce	coconut curry veg nuggets with vegs	bean and cheese burrito
<b>MEMORIAL DAY - OFFICE CLOSED No Meal Delivery</b>	30	31		
Grilled veggie burger with whole grain bun	Mu Shu tofu with cabbage	white bean salad and hard boiled egg on lettuce		
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> 		
6 cheese sandwich with tomato	7 black bean burger sandwich w/whole wheat bun			
13 Samba veggie meatballs	14 veggie sausages and pancake			
20 veggie meatballs sandwich with roll	21 cheese manicotti			
27 veg sausages & oatmeal	28 Soy burger			

Hot and cold meals must be consumed upon arrival. Frozen meals may be stored in freezer for up to 2 weeks.

### May Birthdays

Alice	Cuiying	Frances	Lolita	Richard
Alima	Diane	Freda	Lucilla	Sally
Alvaro	Doris	Jacqueline	Maria	Stan
Ann	Eumelia	Ken	Patricia	Sunaree
Chandra	Eva	Lillian	Phil	Susan
Christine	Federico	Lisa	Qingfun	Theresa
				wadie