

February 2019



REGULAR MENU

510-574-2092

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
High Vitamin C=+ High Vitamin A=* High Sodium					1 Seafood Salad on Mixed Greens Carrot raisin Salad* Mixed Fruit Salad+ Croissant	2 Spaghetti w/Meatballs Cauliflower+ Green Beans Apple Slices
3 Pancakes Turkey Sausage Breakfast Potatoes Cinnamon Applesauce Fruit Juice w/C+	4 Veggie Jambalaya Brown Rice Seasoned Greens+* Seasonal Fresh Fruit Cornbread BLACK HISTORY MONTH MEAL	5 Beef Fajita Pinto Beans Broccoli+* Fresh Fruit on Tender Green Salad	6 Pepper Pot Soup+ Crab Cakes Orzo Cauliflower+ Spiced Apples	7 Southwest Chicken Salad on Mixed Greens Coleslaw+ Fruit Cocktail Brownie	8 Beef Stir-Fry Chow Mein Noodles Carrot Coins* Zucchini Fresh Fruit w/C+	9 Oven Fried Chicken Corn Roasted Potatoes Fresh Fruit w/C+ Wheat Bread
10 Chicken Patty w/ Wheat Bun Cauliflower+ Green Beans Apple Slices	11 4-Cheese Ziti Lima Beans Brussels Sprouts+ Seasonal Fresh Fruit *AND 2/18 HOLIDAY FROZEN MEAL	12 Hamburger on Wheat Bun California Veggies+* Stewed Apples Spinach Salad+*	13 Hearty Vegetable Soup Pasta, Beef & Tomato Casserole Collard Greens+* Apple Cobbler	14 Chicken Chow Mein Broccoli+* Peas Seasonal Fresh Fruit Valentine Cookie VALENTINE'S DAY <3	15 Tuna Pasta Salad Plate on Mixed Greens Pasta Salad Three Bean Salad Fresh Fruit w/C+	16 Pot Roast Green Beans Cabbage+ Wheat Bread Seasonal Fresh Fruit
17 Chicken Drumstick Corn Peas & Carrots* Fruit Cup w/C+ Wheat Roll	18 HOLIDAY Cheese Omelet Potatoes O-Brien Warm Apricot Compote* Blueberry Muffin Juice w/C+ CLOSED PRESIDENT'S DAY! This meal will be delivered on 2/11	19 Chicken Enchilada Pinto Beans Mixed Vegetables* Fresh Fruit on Tender Green Salad+	20 Stuffed Peppers Brown Rice California Veggies+* Fresh Banana	21 Chef's Salad with Chicken on Mixed Greens Pineapple Coleslaw+ Pears Wheat Roll	22 Smothered Pork Chop w/Country Gravy Capri Vegetables* Brussels Sprouts+ Seasonal Fresh Fruit Wheat Bread	23 Turkey Tetrazzini Cauliflower+ Peas & Onions Seasonal Fresh Fruit
24 Chef's Choice Vegetable (low K+) Vegetable (low K+) Whole Grain Tropical Fruit Cup+	25 Spinach Lasagna+* Lima Beans Stewed Tomatoes Fresh Fruit Garden Salad	26 Baked Fish Brown Rice Peas & Carrots* Zucchini Fresh Banana	27 Cream of Broccoli Soup Tahitian Chicken Sweet Potatoes+* Brussels Sprouts+ Seasonal Fresh Fruit Wheat Crackers	28 BBQ Pork Riblets Corn w/Red Pepper+ Broccoli+* Wheat Roll Seasonal Fresh Fruit	~MENU ITEMS ARE SUBJECT TO CHANGE~	*HOLIDAY MEALS ARE DELIVERED AS FROZEN
	HOLIDAY MEALS ARE PRE-DELIVERED AND MARKED AS HOLIDAY!	"We are closed on HOLIDAYS!" ****		<i>*Frozen meals may be stored in a freezer for up to 2 weeks.</i>	<i>*Microwave: Frozen meals on high for 4 to 5 mins or cold meals for 2-3 mins.</i>	<i>*Oven: Pre-heat to 350. Remove plastic film. Place on pan for 20-25 mins.</i>

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
High Vitamin C=+ High Vitamin A=* High Sodium (>1000mg)=<>					1 Chef's Salad w/ Boiled Egg and Cheese Carrot Raisin Salad* Mixed Fruit Salad+ Croissant	2 Pasta Primavera w/Garbanzo Beans Cauliflower+ Green Beans Apple Slices
3 Pancakes Veggie Sausage Breakfast Potatoes Cinnamon Applesauce Fruit Juice w/C+	4 Veggie Jambalaya Brown Rice Seasoned Greens+* Seasonal Fresh Fruit	5 Bean and Cheese Burrito Pinto Beans Broccoli+* Fresh Fruit on Tender Green Salad	6 Pepper Pot Soup+ Succotash Orzo Cauliflower+ Spiced Apples	7 Southwest Black Bean Salad on Mixed Greens Coleslaw+ Fruit Cocktail Brownie	8 Tofu Stir-Fry Chow Mein Noodles Carrot Coins* Zucchini Fresh Fruit w/C+	9 Pasta E Fagioli Corn CA Blend Veggies+* Fresh Fruit w/C+ Wheat Bread
10 French Toast Veggie Sausage Potatoes O'Brien Fruit Compote Fruit Juice w/C+	11 4-Cheese Ziti Lima Beans Brussels Sprouts+ Seasonal Fresh Fruit *AND 2/18 HOLIDAY FROZEN MEAL	12 Veggie Burger on Wheat Bun California Veggies+* Stewed Apples Spinach Salad+*	13 Hearty Vegetable Soup Orzo w/Garbanzos Collard Greens+* Apple Cobbler	14 Veggie Chow Mein Broccoli+* Peas Seasonal Fresh Fruit VALENTINE'S DAY <3	15 Tu-NO Salad Plate On Mixed Greens Pasta Salad Three Bean Salad Fresh Fruit Juice w/C+	16 Veggie Curry Green Beans Cabbage+ Wheat Bread Seasonal Fresh Fruit
17 Vegetarian Cutlet Corn Peas & Carrots* Fruit Cup w/C+ Wheat Roll	18 HOLIDAY Cheese Omelet Potatoes O'Brien Warm Apricot Compote* Blueberry Muffin Juice w/C+ CLOSED PRESIDENT'S DAY! This meal will be delivered on 2/11	19 Cheese Enchiladas Pinto Beans Mixed Vegetables+* Fresh Fruit on Tender Greens Salad	20 Brown Rice Succotash California Veggies+* Fresh Banana	21 Egg Salad on Mixed Greens Pineapple Coleslaw+ Pears Wheat Roll	22 Squash Casserole Capri Vegetables* Brussels Sprouts+ Seasonal Fresh Fruit Wheat Bread	23 Tofu Tetrazzini Cauliflower+ Peas & Onions Seasonal Fresh Fruit
24 Chef's Choice Vegetable Vegetable Whole Grain Tropical Fruit Cup+	25 Spinach Lasagna+* Lima Beans Stewed Tomatoes Fresh Fruit Garden Salad	26 Spicy Bean Cakes w/Fruit Salsa Brown Rice Peas & Carrots* Zucchini Fresh Banana	27 Cream of Broccoli Soup Rice & Beans Mixed Vegetables* Brussels Sprouts+ Seasonal Fresh Fruit	28 Tofu Sandwich w/Wheat Roll Corn w/Red Peppers+ Broccoli+* Seasonal Fresh Fruit	~MENU ITEMS ARE SUBJECT TO CHANGE~	*HOLIDAY MEALS ARE DELIVERED AS FROZEN
	HOLIDAY MEALS ARE PRE-DELIVERED AND MARKED AS HOLIDAY!	"We are closed on HOLIDAYS!" ****		*Frozen meals may be stored in a freezer for up to 2 weeks.	*Microwave: Frozen meals on high for 4 to 5 mins or cold meals for 2-3 mins.	*Oven: Pre-heat to 350. Remove plastic film. Place on pan for 20-25 mins.

February 2019



PUREE & MS MENU

510-574-2092



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
High Vitamin C=+ High Vitamin A=* High Sodium (>1000mg)=<>					1 Pureed Soup BBQ Beef Baked Beans Corn Fruit Juice w/C+	2 Waffles Mixed Berries Turkey Sausage Mashed Potatoes Fruit juice w/C+
3 French Toast Pears Scrambled Eggs Potatoes Fruit Juice w/C+	4 Pureed Soup Pork Roast Sweet Potatoes Baked Apple Pureed Brown Rice	5 Chicken n Dumplings Peas Rutabaga Fruit Juice w/C+	6 Pureed Soup Seafood Casserole Broccoli* Cherry Cobbler	7 Chicken Pot Pie Green Beans Mixed Berries+ Mashed Potatoes	8 Chicken w/Rice Peas Butternut Squash Fruit Juice w/C+	9 Pancakes Scrambled Eggs Turkey Sausage Mashed Potatoes Fruit Juice w/C+
10 Western Omelet Breakfast Sausage Potatoes Fruit Juice w/C+ Mashed Potatoes	11 Pot Roast Green Beans Carrots* Pureed Brown Rice Fruit Juice w/C+ *AND 2/18 HOLIDAY FROZEN MEAL	12 Chicken Enchilada Corn Broccoli* Applesauce	13 Pureed Soup (High) Meatloaf Butternut Squash Peach Cobbler	14 Turkey Bread Stuffing Cranberries Mashed Potatoes Fruit Juice w/C+ VALENTINE'S DAY <3	15 Pureed Soup BBQ Beef Baked Beans Corn Fruit Juice w/C+	16 Waffles Mixed Berries Turkey Sausage Mashed Potatoes Fruit juice w/C+
17 French Toast Pears Scrambled Eggs Potatoes Fruit Juice w/C+	18 HOLIDAY Pureed Soup Pork Roast Sweet Potatoes Baked Apple Pureed Brown Rice CLOSED PRESIDENT'S DAY! This meal will be delivered on 2/11	19 Chicken n Dumplings Peas Rutabaga Fruit Juice w/C+	20 Pureed Soup Seafood Casserole Broccoli* Cherry Cobbler	21 Chicken Pot Pie Green Beans Mixed Berries+ Mashed Potatoes	22 Chicken w/Rice Peas Butternut Squash Fruit Juice w/C+	23 Pancakes Scrambled Eggs Turkey Sausage Mashed Potatoes Fruit Juice w/C+
24 Western Omelet Breakfast Sausage Potatoes Fruit Juice w/C+ Mashed Potatoes	25 Pot Roast Green Beans Carrots* Pureed Brown Rice Fruit Juice w/C+	26 Chicken Enchilada Corn Broccoli* Applesauce	27 Pureed Soup (High) Meatloaf Butternut Squash Peach Cobbler	28 Turkey Bread Stuffing Cranberries Mashed Potatoes Fruit Juice w/C+	~MENU ITEMS ARE SUBJECT TO CHANGE~	*HOLIDAY MEALS ARE DELIVERED AS FROZEN
	HOLIDAY MEALS ARE PRE-DELIVERED AND MARKED AS HOLIDAY!	"We are closed on HOLIDAYS!" ****		*Frozen meals may be stored in a freezer for up to 2 weeks.	*Microwave: Frozen meals on high for 4 to 5 mins or cold meals for 2-3 mins.	*Oven: Pre-heat to 350. Remove plastic film. Place on pan for 20-25 mins.

February 2019



RENAL MENU

510-574-2092

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
High Vitamin C=+ High Vitamin A=* High Sodium (>1000mg)=<>					1 Pot Roast Rotini Pasta Green Beans Coleslaw+ Pears	2 Pesto w/Meatballs Cauliflower+ Green Beans Applesauce
3 Pancakes Breakfast Potatoes Cinnamon Applesauce Fruit Juice w/C+	4 Meatloaf Carrots* White Rice Lettuce & Cucumber+ Fruit Cocktail	5 Chicken w/Vegetables Carrots* White Rice Renal Seasonal Fruit	6 Chicken Noodle Soup (Low Sodium) Vegetarian Chili	7 Turkey Carrots & Peas Rotini Pasta Lettuce & Cucumber+ Peaches	8 Pot Roast Rotini Pasta Green Beans Coleslaw+ Pears	9 Oven Fried Chicken Corn Roasted Potatoes Fresh Fruit w/C+ White Bread
10 Chicken Patty Hamburger Bun Cauliflower+ Green Beans Applesauce	11 Meatloaf Carrots* White Rice Lettuce & Cucumber+ Fruit Cocktail *AND 2/18 HOLIDAY FROZEN MEAL	12 Chicken w/Vegetables Carrots* White Rice Renal Seasonal Fruit	13 Chicken Noodle Soup (Low Sodium) Vegetarian Chili	14 Turkey Carrots & Peas Rotini Pasta Lettuce & Cucumber+ Peaches VALENTINE'S DAY <3	15 Pot Roast Rotini Pasta Green Beans Coleslaw+ Pears	16 Pot Roast Green Beans Cabbage+ White Bread Seasonal Fresh Fruit
17 Chicken Drumstick Corn Peas & Carrots Fruit Cup w/C+ Dinner Roll	18 HOLIDAY Meatloaf Carrots* White Rice Lettuce & Cucumber+ Fruit Cocktail CLOSED PRESIDENT'S DAY! This meal will be delivered on 2/11	19 Chicken w/Vegetables Carrots* White Rice Renal Seasonal Fruit	20 Chicken Noodle Soup (Low Sodium) Vegetarian Chili	21 Turkey Carrots & Peas Rotini Pasta Lettuce & Cucumber+ Peaches	22 Pot Roast Rotini Pasta Green Beans Coleslaw+ Pears	23 Turkey Tetrzzini Cauliflower+ Peas & Pearl Onions Seasonal Fresh Fruit
24 Chef's Choice Vegetable (Low K+) Vegetable (Low K+) White Grain Tropical Fruit Cup+	25 Meatloaf Carrots* White Rice Lettuce & Cucumber+ Fruit Cocktail	26 Chicken w/Vegetables Carrots* White Rice Renal Seasonal Fruit	27 Chicken Noodle Soup (Low Sodium) Vegetarian Chili	28 Turkey Carrots & Peas Rotini Pasta Lettuce & Cucumber+ Peaches	~MENU ITEMS ARE SUBJECT TO CHANGE~	*HOLIDAY MEALS ARE DELIVERED AS FROZEN
	HOLIDAY MEALS ARE PRE-DELIVERED AND MARKED AS HOLIDAY!	"We are closed on HOLIDAYS!" ****		*Frozen meals may be stored in a freezer for up to 2 weeks.	*Microwave: Frozen meals on high for 4 to 5 mins or <u>cold</u> meals for 2-3 mins.	*Oven: Pre-heat to 350. Remove plastic film. Place on pan for 20-25 mins.



February is American Heart Month

Heart disease is one of the leading causes of death in the United States. There are many types of heart disease, including coronary artery disease, heart attacks, arrhythmia (abnormal heart beat), congestive heart failure (fluid around the heart), stroke, high cholesterol, high blood pressure, and others.

The good thing about heart disease is that it's very preventable and controllable. Controlling risk factors is a great way to prevent heart disease, or to keep it from progressing.

Risk Factors:

1. Smoking and second-hand smoke can both pose a threat to your heart health. Do not smoke. If you do, talk to your medical care provider about quitting resources. Avoid second hand smoke as much as possible, and don't let people smoke in your home or car.
2. Obesity- being overweight can put you at greater risk for heart disease. If you need help losing weight, talk to your doctor or a dietitian. Did you know you can even reach a registered dietitian through Meals on Wheels? E-mail her at Rochelle.L.Pierce@gmail.com.
3. Physical inactivity- being completely inactive can be risky. Unless your medical care provider recommends against it, try to get a little activity every day. Ask your doctor or physical therapist for ideas and safety tips. Even if you're home bound or can't walk well, there are upper body and range of motion exercises you can do.
4. Eating the wrong foods- most Americans eat too much salt, or sodium. Your Meals on Wheels meal to under 1000 mg per day (unless the meal has a <> symbol, in which case it contains 1000-1200mg). Your total for the day should be no more than 2,400-3,000 mg per day, unless directed by your doctor or dietitian to keep it lower. Some people need to keep sodium under 2,000 mg per day. Look for the "sodium" line of your food labels to help keep yourself in check.
5. Choosing the right foods- many Americans don't get the recommended amount of fruits and vegetables per day. Aim for at least 2-4 servings of fruit and 3-5 servings of vegetables per day, more if possible. Fresh is best, but frozen, canned, pickled, and freeze-dried are all good options too. If you use canned, make sure to rinse them in a colander before cooking to get the added sodium off, or choose no-salt-added varieties. Fermented or pickled vegetables can be good choices, but watch serving sizes since these add sodium to the diet. Avoid added fats and oils whenever possible, choosing low fat or fat free salad dressings and condiments.

