

January 2019



Regular Menu

510-574-2092

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
High Vitamin C=+ High Vitamin A=* High Sodium <>		1 ~ HOLIDAY Pancakes Turkey Sausage Potatoes O'Brien Cinnamon Applesauce Orange Juice+ *DELIVERED FROZEN ON 12/26	2 Pasta Beef and Tomato Casserole+ Green Beans Warm Apricot Compote* Wheat Crackers	3 Chicken Chow Mein with Noodles Snow Peas Carrot Coins* Seasonal Fresh Fruit w/C+ Tossed Salad	4 Chef's Salad with Chicken on Mixed Greens Carrot Raisin Salad* Mixed Fruit Salad+ Croissant	5 Pot Roast over Whole Wheat Rotini Cauliflower+ Hot Apple Slices
6 Chicken Patty w/Wheat Bun Cabbage+ Peas & Onions Seasonal Fresh Fruit	7 Vegetarian Quiche Orzo Seasoned Greens+* Seasonal Fresh Fruit Wheat Bread	8 Chicken Enchilada Pinto Beans Broccoli+* Fresh Fruit on Tender Greens Salad	9 Cream of Spinach Soup Stuffed Peppers+ Brown Rice Mixed Vegetables* Fresh Orange+	10 Tuna Pasta Salad Plate Mixed Greens Coleslaw+ Fruit Cocktail Brownie	11 Smothered Pork Chop w/Country Gravy Mashed Potatoes Zucchini Wheat Roll Fresh Fruit w/C+	12 Turkey Tetrazzini Corn Peas & Carrots* Fresh Fruit w/C+
13 Swedish Meatballs w/Egg Noodles Cauliflower+ Green Beans Applesauce	14 Spinach Lasagna* Lima Beans Brussel Sprouts+ Seasonal Fresh Fruit *AND 1/21 HOLIDAY FROZEN MEAL	15 Baked Fish Brown Rice California Veggies+* Stewed Apples Spinach Salad+*	16 Cream of Broccoli Soup Tahitian Chicken Sweet Potatoes+* Blueberry Cobbler Wheat Crackers	17 BBQ Pork Riblets Corn w/Red Pepper+ Seasoned Greens+* Wheat Roll Seasonal Fresh Fruit	18 Chicken Salad on Mixed Greens Pasta Salad Three Bean Salad Fresh Fruit w/C+	19 Pepper Steak Green Beans Cabbage+ Wheat Bread Seasonal Fresh Fruit
20 Chicken Drumstick Corn Peas & Carrots* Fruit Cup w/C+ Wheat Roll	21 ~ HOLIDAY Martin Luther King Day Delivered FROZ on 1/14 Cheese Omelet Potatoes O'Brien Warm Apricot Compote* Bran Muffin Juice w/C+	22 Beef Stroganoff Egg Noodles Mixed Vegetables+* Stewed Apples	23 Herbed Chicken Roasted Potatoes California Veggies+* Fresh Banana	24 Crispy Fish Rice Pilaf Capri Vegetables* Brussels Sprouts+ Seasonal Fresh Fruit Tossed Salad	25 Chicken Ranch Salad On Mixed Greens Pineapple Coleslaw+ Pears Wheat Roll	26 Salisbury Steak Cauliflower+ Peas & Onions Wheat Bread Seasonal Fresh Fruit
27 Chef's Choice Vegetable (low K+) Vegetable (low K+) Whole Grain Tropical Fruit Cup+	28 Cheesy Pasta Bake Lima Beans Stewed Tomatoes Fresh Fruit w/C+	29 Chicken Pot Pie w/ Biscuit Topping Peas & Carrots* Zucchini Fresh Fruit on Tender	30 Lentil & Carrot Soup Roasted Turkey Sweet Potatoes+* Brussels Sprouts+ Seasonal Fresh Fruit Wheat Crackers	31 Chili Con Carne Corn w/Red Pepper+ Broccoli* Wheat Tortilla Season Fresh Fruit	~MENU ITEMS ARE SUBJECT TO CHANGE~	*HOLIDAY MEALS ARE DELIVERED AS FROZEN
				<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>

January 2019



Vegetarian Menu

510-574-2092

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>High Vitamin C=+ High Vitamin A=* High Sodium <></p>	<p>Happy New Year!</p>	<p>1 ~ HOLIDAY Pancakes Veggie Sausage Potatoes O'Brien Cinnamon Applesauce Orange Juice+ *DELIVERED FROZEN ON 12/26</p>	<p>2 Hearty Vegetable Soup+ Black Beans & Corn Green Beans Warm Apricot Compote* Wheat Crackers</p>	<p>3 Veggie Chow Mein With Noodles Snow Peas Carrot Coins* Seasonal Fresh Fruit w/C+ Tossed Salad</p>	<p>4 Egg Salad on Mixed Greens Carrot Raisin Salad* Mixed Fruit Salad Croissant</p>	<p>5 Veggie Curry on Whole Wheat Rotini Cauliflower+ Apple Slices</p>
<p>6 Cheese Omelet Breakfast Potatoes Fruit Compote Blueberry Muffin Juice w/C+</p>	<p>7 Vegetarian Quiche Orzo Seasoned Greens+* Seasonal Fresh Fruit</p>	<p>8 Cheese Enchiladas Pinto Beans Broccoli+* Fresh Fruit on Tender Salad Greens</p>	<p>9 Cream of Spinach Soup Brown Rice Succotash Mixed Vegetables* Fresh Orange+</p>	<p>10 Tu-No Salad Plate Mixed Greens Coleslaw+ Fruit Cocktail Brownie</p>	<p>11 Squash Casserole Mashed Potatoes Zucchini Wheat Roll Fresh Fruit w/C+</p>	<p>12 Tofu Tetrazzini Corn Peas & Carrots* Fresh Fruit w/C+</p>
<p>13 Swedish Meatballs w/Egg Noodles Cauliflower+ Green Beans Applesauce</p>	<p>14 Spinach Lasagna* Lima Beans Brussel Sprouts+ Seasonal Fresh Fruit *AND 1/21 HOLIDAY FROZEN MEAL</p>	<p>15 Spicy Bean Cakes w/Fruit Salsa Brown Rice California Veggies+* Stewed Apples Spinach Salad+*</p>	<p>16 Cream of Broccoli Soup Black Beans & Corn Sweet Potatoes+* Blueberry Cobbler Wheat Crackers</p>	<p>17 Tofu Sandwich on Wheat Bread Corn w/Red Pepper+ Seasoned Greens+* Seasonal Fresh Fruit</p>	<p>18 Tabouleh Salad w/Beans on Mixed Greens Pasta Salad Three Bean Salad Fresh Fruit w/C+</p>	<p>19 Lemony Chickpea Casserole Green Beans Cabbage+ Wheat Bread Seasonal Fresh Fruit</p>
<p>20 French Toast Veggie Sausage Breakfast Potatoes Warm Applesauce Juice w/C+</p>	<p>21 ~ HOLIDAY Martin Luther King Day Delivered FROZ on 1/14 Cheese Omelet Potatoes O'Brien Warm Apricot Compote* Bran Muffin Juice w/C+</p>	<p>22 Vegetable Lasagna Mixed Vegetables+* Stewed Apples Tossed Salad</p>	<p>23 Corn & Potato Chowder Orzo w/Garbanzos Roasted Potatoes California Veggies+* Fresh Banana</p>	<p>24 Tamale Corn Pie Capri Vegetables* Brussels Sprouts+ Seasonal Fresh Fruit Wheat Tortilla</p>	<p>25 Tempeh 'Chicken' Salad On Mixed Greens Pineapple Coleslaw+ Pears Wheat Roll</p>	<p>26 Macaroni & Cheese Cauliflower+ Peas & Onions Seasonal Fresh Fruit</p>
<p>27 Chef's Choice Vegetable (low K+) Vegetable (low K+) Whole Grain Tropical Fruit Cup+</p>	<p>28 Cheesy Pasta Bake Lima Beans Stewed Tomatoes+ Seasonal Fresh Fruit</p>	<p>29 Vegetable Cutlet Peas & Carrots* Zucchini Fresh Fruit on Tender Green Salad+ Wheat Bread</p>	<p>30 Lentil & Carrot Soup Brown Rice Sweet Potatoes+* Brussels Sprouts+ Seasonal Fresh Fruit</p>	<p>31 Garden Chili Corn w/Red Pepper+ Broccoli+* Wheat Tortilla Seasonal Fresh Fruit</p>	<p>~MENU ITEMS SUBJECT TO CHANGE~</p>	<p>*HOLIDAY MEALS ARE DELIVERED FROZEN</p>
				<p><i>*Frozen meals may be stored in a freezer for up to 2 weeks.</i></p>	<p><i>*Microwave: frozen meals on high for 4 to 5 mins cold meals for 2-3 mins.</i></p>	<p><i>*Oven: pre-heat to 350. Remove plastic film. Place on pan for 20-25 minutes.</i></p>

January 2019



Puree & MS Menu

510-574-2092

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>High Vitamin C=+ High Vitamin A=* High Sodium <></p>	<p>Happy New Year!</p>	<p>1 ~ HOLIDAY Pancakes Turkey Sausage Potatoes O'Brien Cinnamon Applesauce Orange Juice+ *DELIVERED FROZEN ON 12/26</p>	<p>2 Pasta Beef and Tomato Casserole+ Green Beans Warm Apricot Compote* Wheat Crackers</p>	<p>3 Chicken Chow Mein with Noodles Snow Peas Carrot Coins* Seasonal Fresh Fruit w/C+ Tossed Salad</p>	<p>4 Chef's Salad with Chicken on Mixed Greens Carrot Raisin Salad* Mixed Fruit Salad+ Croissant</p>	<p>5 Pot Roast over Whole Wheat Rotini Cauliflower+ Hot Apple Slices</p>
<p>6 Chicken Patty w/Wheat Bun Cabbage+ Peas & Onions Seasonal Fresh Fruit</p>	<p>7 Vegetarian Quiche Orzo Seasoned Greens+* Seasonal Fresh Fruit Wheat Bread</p>	<p>8 Chicken Enchilada Pinto Beans Broccoli+* Fresh Fruit on Tender Greens Salad</p>	<p>9 Cream of Spinach Soup Stuffed Peppers+ Brown Rice Mixed Vegetables* Fresh Orange+</p>	<p>10 Tuna Pasta Salad Plate Mixed Greens Coleslaw+ Fruit Cocktail Brownie</p>	<p>11 Smothered Pork Chop w/Country Gravy Mashed Potatoes Zucchini Wheat Roll Fresh Fruit w/C+</p>	<p>12 Turkey Tetrazzini Corn Peas & Carrots* Fresh Fruit w/C+</p>
<p>13 Swedish Meatballs w/Egg Noodles Cauliflower+ Green Beans Applesauce</p>	<p>14 Spinach Lasagna* Lima Beans Brussel Sprouts+ Seasonal Fresh Fruit *AND 1/21 HOLIDAY FROZEN MEAL</p>	<p>15 Baked Fish Brown Rice California Veggies+* Stewed Apples Spinach Salad+*</p>	<p>16 Cream of Broccoli Soup Tahitian Chicken Sweet Potatoes+* Blueberry Cobbler Wheat Crackers</p>	<p>17 BBQ Pork Riblets Corn w/Red Pepper+ Seasoned Greens+* Wheat Roll Seasonal Fresh Fruit</p>	<p>18 Chicken Salad on Mixed Greens Pasta Salad Three Bean Salad Fresh Fruit w/C+</p>	<p>19 Pepper Steak Green Beans Cabbage+ Wheat Bread Seasonal Fresh Fruit</p>
<p>20 Chicken Drumstick Corn Peas & Carrots* Fruit Cup w/C+ Wheat Roll</p>	<p>21 ~ HOLIDAY Martin Luther King Day Delivered FROZ on 1/14 Cheese Omelet Potatoes O'Brien Warm Apricot Compote* Bran Muffin Juice w/C+</p>	<p>22 Beef Stroganoff Egg Noodles Mixed Vegetables+* Stewed Apples</p>	<p>23 Herbed Chicken Roasted Potatoes California Veggies+* Fresh Banana</p>	<p>24 Crispy Fish Rice Pilaf Capri Vegetables* Brussels Sprouts+ Seasonal Fresh Fruit Tossed Salad</p>	<p>25 Chicken Ranch Salad On Mixed Greens Pineapple Coleslaw+ Pears Wheat Roll</p>	<p>26 Salisbury Steak Cauliflower+ Peas & Onions Wheat Bread Seasonal Fresh Fruit</p>
<p>27 Chef's Choice Vegetable (low K+) Vegetable (low K+) Whole Grain Tropical Fruit Cup+</p>	<p>28 Cheesy Pasta Bake Lima Beans Stewed Tomatoes Fresh Fruit w/C+</p>	<p>29 Chicken Pot Pie w/ Biscuit Topping Peas & Carrots* Zucchini Fresh Fruit on Tender</p>	<p>30 Lentil & Carrot Soup Roasted Turkey Sweet Potatoes+* Brussels Sprouts+ Seasonal Fresh Fruit Wheat Crackers</p>	<p>31 Chili Con Carne Corn w/Red Pepper+ Broccoli* Wheat Tortilla Season Fresh Fruit</p>	<p>~MENU ITEMS ARE SUBJECT TO CHANGE~</p>	<p>*HOLIDAY MEALS ARE DELIVERED AS FROZEN</p>
				<p><i>*Frozen meals may be stored in a freezer for up to 2 weeks.</i></p>	<p><i>*Microwave: frozen meals on high for 4 to 5 mins or cold meals for 2-3 mins.</i></p>	<p><i>*Oven: pre-heat to 350. Remove plastic film. Place on pan for 20-25 mins.</i></p>

January 2019



RENAL MENU

510-574-2092

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
High Vitamin C=+ High Vitamin A=* High Sodium <>		1 ~ HOLIDAY CLOSED Chicken w/Vegetables Carrots* White Rice Renal Seasonal Fruit+ *DELIVERED FROZEN ON 12/26	2 Chicken Noodle Soup (low sodium) Vegetarian Chili Brown Rice Renal Seasonal Fruit+	3 Turkey Carrots & Peas* Rotini Pasta Lettuce & Cucumber+ Peaches	4 Pot Roast Rotini Pasta Green Beans Coleslaw+ Pears	5 Spaghetti w/Pesto Sauce Green Beans Carrot Coins* Fresh Fruit w/C+
6 Chicken Patty w/Wheat Bun Cabbage+ Peas & Onions Seasonal Fresh Fruit	7 Meatloaf Carrots* White Rice Lettuce & Cucumber+ Fruit Cocktail	8 Chicken w/Vegetables Carrots* White Rice Renal Seasonal Fruit	9 Chicken Noodle Soup (low sodium) Vegetarian Chili Brown Rice Renal Seasonal Fruit+	10 Turkey Carrots & Peas* Rotini Pasta Lettuce & Cucumber+ Peaches	11 Pot Roast Rotini Pasta Green Beans Coleslaw+ Pears	12 Turkey Tetrazzini Green Beans Carrots* Seasonal Fresh Fruit w/C+
13 Swedish Meatballs w/Egg Noodles Cauliflower+ Green Beans Apple Sauce	14 Meatloaf Carrots* White Rice Lettuce & Cucumber+ Fruit Cocktail *AND 1/21 HOLIDAY FROZEN	15 Chicken w/Vegetables Carrots* White Rice Renal Seasonal Fruit	16 Chicken Noodle Soup (low sodium) Vegetarian Chili Brown Rice Renal Seasonal Fruit+	17 Turkey Carrots & Peas* Rotini Pasta Lettuce & Cucumber+ Peaches	18 Pot Roast Rotini Pasta Green Beans Coleslaw+ Pears	19 Oven Fried Chicken Roasted Potatoes Cauliflower+ Whole Wheat Bread Fresh Fruit
20 Chicken Drumstick Corn Peas & Carrots* Fruit Cup w/C+ Wheat Roll	21~ HOLIDAY Martin Luther King Day Delivered FROZ on 1/14 Meatloaf Carrots* White Rice Lettuce & Cucumber+ Fruit Cocktail	22 Chicken w/Vegetables Carrots* White Rice Renal Seasonal Fruit	23 Chicken Noodle Soup (low sodium) Vegetarian Chili Brown Rice Renal Seasonal Fruit+	24 Turkey Carrots & Peas* Rotini Pasta Lettuce & Cucumber+ Peaches	25 Pot Roast Rotini Pasta Green Beans Coleslaw+ Pears	26 Salisbury Steak Peas & Onions Yellow Squash* Wheat Bread Seasonal Fresh Fruit
27 Chef's Choice Vegetable (low K+) Vegetable (low K+) Whole Grain white bread Tropical Fruit Cup+	28 Meatloaf Carrots* White Rice Lettuce & Cucumber+ Fruit Cocktail	29 Chicken w/Vegetables Carrots* White Rice Renal Seasonal Fruit	30 Chicken Noodle Soup (low sodium) Vegetarian Chili Brown Rice Renal Seasonal Fruit+	31 Turkey Carrots & Peas* Rotini Pasta Lettuce & Cucumber+ Peaches	~MENU ITEMS ARE SUBJECT TO CHANGE~	*HOLIDAY MEALS ARE DELIVERED AS FROZEN
				<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>

Winter Vegetables

One of the incredible benefits to living in California is the abundance of fresh fruits and vegetables available. We have delicious, fresh, local produce being grown and harvested year-round. Even in the middle of winter, there are new, tasty things to try. This winter, give some of these vegetables a taste!

1. Bok Choy- also known as Chinese Cabbage, Bok Choy is a leafy vegetable that can be eaten raw or cooked. Bok Choy is high in vitamin A and C. Try it grilled, or this easy slaw recipe: 6 cups thinly sliced Bok Choy; 2 shredded, medium carrots; ¼ cup rice vinegar; 1 Tbsp toasted sesame oil; 2 tsp sugar; and 2 tsp Dijon mustard (whisk vinegar, oil, sugar, and mustard together then toss Bok Choy, carrots, and scallions in the mixture).



2. Endive- a type of lettuce, Endive is great raw in salads or dipped in hummus. It should be protected from too much light, to avoid developing a bitter taste.



3. Swiss Chard- actually a member of the beet family, Swiss Chard is available in a variety of colors. It has green leaves on orange, red, or yellow stalks. Swiss Chard can be simply steamed, sautéed, or used in any dish in which spinach can be found. It is very high in vitamin A and C.



4. Kohlrabi- also known as Cabbage Turnip, Kohlrabi can be eaten raw or cooked. Try slicing it thin and roasting in the oven. Kohlrabi is a great source of fiber and vitamin C.

