

# March 2019



## REGULAR MENU

510-574-2092

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>High Vitamin C=+</b> <b>High Vitamin A=*</b> <b>High Sodium</b> <b>(&gt;1000mg) =&lt;&gt;</b>					<b>1</b> Chicken Salad on Romaine Pineapple Coleslaw+ Fruit Cocktail Wheat Croissant	<b>2</b> Pepper Steak Brown Rice Green Beans Fresh Fruit+
<b>3</b> French Toast Turkey Sausage Breakfast Potatoes Cinnamon Applesauce Fruit Juice w/C+	<b>4</b> Spaghetti w/Mushroom Balls California Blend Veggies+* Parmesan Peas Seasonal Fresh Fruit	<b>5</b> Beef Stroganoff Egg Noodles Broccoli+* Stewed Apples Brownie	<b>6</b> Herbed Chicken Sweet Potatoes+* Orzo Potato Corn Chowder Seasonal Fresh Fruit	<b>7</b> Chicken Ranch Salad on Romaine Tomato & Cucumber+ Pineapple Chunks+ Roll	<b>8</b> Crispy Fish Cabbage+Corn Brown Rice Tender Greens & Fresh Fruit Salad	<b>9</b> Salisbury Steak Peas & Carrots* Cauliflower+ Fresh Fruit Wheat Bread
<b>10</b> Chicken Drumstick Egg Noodles Mixed Vegetables* Season Fruit w/C+	<b>11</b> Cheesy Pasta Bake Succotash Broccoli +* Seasonal Fresh Fruit	<b>12</b> Chicken Pot Pie w/Biscuit topping Peas & Carrots Brussels Sprouts+ Fruit Cup	<b>13</b> Roasted Turkey Mashed Potatoes Corn Lentil & Carrot Soup Fruit Juice w/C+ Wheat Crackers	<b>14</b> Chili Con Carne Carrot Coins* Spinach Salad+* Brown Rice Seasonal Fresh Fruit	<b>15</b> Seafood Salad on Spring Mix 3-Bean Salad Pineapple Tidbits+ Wheat Muffin	<b>16</b> Spaghetti w/Meatballs Green Beans Baby Carrots* Seasonal Fresh Fruit w/C+
<b>17 Happy St. Pat's Day!</b> Corned Beef & Cabbage+ Roasted Red Potatoes Green Gelatin w/Fruit Wheat Roll	<b>18</b> Veggie Jambalaya California Blend Veggies+* Brown Rice Fresh Banana	<b>19</b> Beef Fajita Pinto Beans Seasoned Greens+* Seasonal Fresh Fruit Tortilla	<b>20</b> Pot Roast Roasted Potatoes Brussels Sprouts+ Pepper Pot Soup+ Fresh Apple Slices Wheat Crackers	<b>21</b> Southwest Chicken Salad on Romaine Carrot Raisin Salad* Fresh Fruit w/C+ Wheat Bread	<b>22</b> Crab Cakes Steamed Cabbage+ Peas & Onions Fresh Fruit Salad	<b>23</b> Oven Fried Chicken Peas & Carrots* Cauliflower+ Seasonal Fruit Wheat Roll
<b>24</b> Chicken Patty w/ Wheat Bun Mixed Vegetables* Sweet Corn Seasonal Fruit w/C+	<b>25</b> 4-Cheese Ziti Broccoli+* Baby Carrots* Seasonal Fresh Fruit	<b>26</b> Hamburger w/ Wheat Bun Roasted Potatoes Cauliflower+ Seasonal Fresh Fruit	<b>27</b> Pasta, Beef & Tomato Casserole Seasoned Greens+* Blueberry Crisp Hearty Vegetable Soup	<b>28</b> Chicken Chow Mein w/Noodles Green Beans Mixed Vegetables* Fresh Fruit & Tender Greens Salad+	<b>29</b> Vegetarian Chef's Salad on Romaine w/Egg & Cheese 3-Bean Salad Pineapple Chunks+ Wheat Roll	<b>30</b> Beef Burgundy on Egg Noodles Steamed Baby Carrots* Green Peas Seasonal Fresh Fruit w/C+
<b>31</b> Chef's Choice Vegetable (low K+) Vegetable (low K+) Whole Grain Tropical Fruit Cup+			<b>~MENU ITEMS ARE            SUBJECT TO            CHANGE~</b>	<b>*Frozen meals may            be stored in a            freezer for up to 2            weeks.</b>	<b>*Microwave:            Frozen meals on            high for 4 to 5 mins            or cold meals for 2-3            mins.</b>	<b>*Oven:            Pre-heat to 350.            Remove plastic film.            Place on pan for 20-25            mins.</b>

# March 2019



## VEGETARIAN MENU

510-574-2092

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>High Vitamin C=+</b> <b>High Vitamin A=*</b> <b>High Sodium (&gt;1000mg) =&lt;&gt;</b>					<b>1</b> Tabouleh Salad w/Beans on Romaine Pineapple Coleslaw+ Fruit Cocktail Wheat Croissant	<b>2</b> Lemony Chickpea Casserole White Rice Green Beans Fresh Fruit+
<b>3</b> French Toast Veggie Sausage Cinnamon Applesauce Breakfast Potatoes Fruit Juice w/C+	<b>4</b> Spaghetti w/Mushroom Balls California Blend Veggies+* Parmesan Peas Seasonal Fresh Fruit	<b>5</b> Vegetable Lasagna Broccoli+* Stewed Apples Brownie	<b>6</b> Potato Corn Chowder (entrée portion) Sweet Potatoes+* Orzo Seasonal Fresh Fruit	<b>7</b> Tempeh Salad on Romaine Tomato & Cucumber+ Macaroni Salad Pineapple Chunks+	<b>8</b> Tomale Corn Pie Cabbage+ Corn Brown Rice Tender Greens & Fruit	<b>9</b> Macaroni & Cheese Peas & Carrots* Cauliflower+ Fresh Fruit Wheat Bread
<b>10</b> Cheese Omelet Hash Brown Potatoes Warm Apricot Compote* Bran Muffin Fruit Juice w/C+	<b>11</b> Cheesy Pasta Bake Succotash Broccoli +* Seasonal Fresh Fruit	<b>12</b> Vegetable Cutlet Peas & Carrots Brussels Sprouts+ Fruit Cup Wheat Roll	<b>13</b> Mashed Potatoes Corn Rice w/Beans Lentil & Carrot Soup Fruit Juice w/C+	<b>14</b> Garden Chili Carrot Coins* Brown Rice Spinach Salad+* Seasonal Fresh Fruit	<b>15</b> Egg Salad on Spring Mix 3-Bean Salad Pineapple Tidbits+ Wheat Muffin	<b>16</b> Pasta Primavera Green Beans Baby Carrots* Seasonal Fruit w/C+
<b>17 Happy St. Pat's Day!</b> Pancakes Veggie Sausage Warm Applesauce Potatoes O'Brien Fruit Juice w/C+ 	<b>18</b> Veggie Jambalaya California Blend Veggies+* Brown Rice Fresh Banana	<b>19</b> Bean & Cheese Burrito Pinto Beans Seasoned Greens+* Seasonal Fresh Fruit	<b>20</b> Roasted Potatoes Brussels Sprouts+ Orzo w/Garbanzos Pepper Pot Soup+ Fresh Apple Slices	<b>21</b> Southwest Black Bean Salad on Romaine Potato Salad Carrot Raisin Salad* Fresh Fruit w/C+ Wheat Bread	<b>22</b> Tofu Stir-Fry Chow Mein Noodles Steamed Cabbage+ Peas & Onions Fresh Fruit Salad	<b>23</b> Pasta E Fagioli Peas & Carrots* Cauliflower+ Seasonal Fruit w/C+ Wheat Roll
<b>24</b> French Toast Veggie Sausage Breakfast Potatoes Fruit Compote Fruit Juice w/C+	<b>25</b> 4-Cheese Ziti Broccoli+* Baby Carrots* Seasonal Fresh Fruit	<b>26</b> Veggie Burger w/Wheat Bun Roasted Potatoes Cauliflower+ Seasonal Fresh Fruit	<b>27</b> Rice w/Beans Seasoned Greens+* Blueberry Crisp Hearty Vegetable Soup	<b>28</b> Veggie Chow Mein w/Noodles Green Beans Mixed Vegetables* Fresh Fruit & Tender Greens Salad+	<b>29</b> Vegetarian Chef's Salad on Romaine w/Egg & Cheese 3-Bean Salad Pineapple Chunks+ Wheat Roll	<b>30</b> Veggie Curry w/Brown Rice Steamed Baby Carrots* Green Peas Seasonal Fresh Fruit w/C+
<b>31</b> Chef's Choice Vegetable (low K+) Vegetable (low K+) Whole Grain Tropical Fruit Cup+			<b>~MENU ITEMS ARE            SUBJECT TO            CHANGE~</b>	<b>*Frozen meals may            be stored in a            freezer for up to 2            weeks.</b>	<b>*Microwave:            Frozen meals on            high for 4 to 5 mins            or cold meals for 2-            3 mins.</b>	<b>*Oven:            Pre-heat to 350.            Remove plastic film.            Place on pan for 20-25            mins.</b>

# March 2019



**MS & PUREE**  
510-574-2092

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>High Vitamin C=+</b> <b>High Vitamin A=*</b> <b>High Sodium (&gt;1000mg) =&lt;&gt;</b>					<b>1</b> BBQ Beef Baked Beans Corn Pureed Soup Fruit Juice w/C+	<b>2</b> Waffles Turkey Sausage Mashed Potatoes Mixed Berries Fruit Juice w/C+
<b>3</b> French Toast Pears Scrambled Eggs Potatoes Fruit Juice w/C+	<b>4</b> Pork roast Sweet Potatoes Baked Apples Pureed Soup Pureed Brown Rice	<b>5</b> Chicken Dumplings Peas Rutabaga Fruit Juice w/C+	<b>6</b> Seafood Casserole Broccoli* Cherry Cobbler Pureed Soup	<b>7</b> Chicken Pot Pie Green Beans Mashed Potatoes Mixed Berries	<b>8</b> Chicken w/Rice Peas Butternut Squash Fruit Juice w/C+	<b>9</b> Pancakes Scrambled Eggs Turkey Sausage Mashed Potatoes Fruit Juice w/C+
<b>10</b> Western Omelet Breakfast Sausage Potatoes Mashed Potatoes Fruit Juice w/C+	<b>11</b> Pot Roast Green Beans Carrots* Pureed Brown Rice Fruit Juice w/C+	<b>12</b> Chicken Enchilada Corn Broccoli* Applesauce	<b>13</b> Meatloaf Butternut Squash Peach Cobbler Pureed Soup	<b>14</b> Turkey Bread Stuffing Mashed Potatoes Cranberries Fruit Juice w/C+	<b>15</b> BBQ Beef Baked Beans Corn Pureed Soup Fruit Juice w/C+	<b>16</b> Waffles Turkey Sausage Mashed Potatoes Mixed Berries Fruit Juice w/C+
<b>17 Happy St. Pat's Day!</b> French Toast Pears Scrambled Eggs Potatoes Fruit Juice w/C+	<b>18</b> Pork roast Sweet Potatoes Baked Apples Pureed Soup Pureed Brown Rice	<b>19</b> Chicken Dumplings Peas Rutabaga Fruit Juice w/C+	<b>20</b> Seafood Casserole Broccoli* Cherry Cobbler Pureed Soup	<b>21</b> Chicken Pot Pie Green Beans Mashed Potatoes Mixed Berries	<b>22</b> Chicken w/Rice Peas Butternut Squash Fruit Juice w/C	<b>23</b> Oven Fried Chicken Green Peas Roasted Potatoes Diced Pears White Bread
<b>24</b> Western Omelet Breakfast Sausage Potatoes Mashed Potatoes Fruit Juice w/C+	<b>25</b> Pot Roast Green Beans Carrots* Pureed Brown Rice Fruit Juice w/C	<b>26</b> Chicken Enchilada Corn Broccoli* Applesauce	<b>27</b> Meatloaf Butternut Squash Peach Cobbler Pureed Soup	<b>28</b> Turkey Bread Stuffing Mashed Potatoes Cranberries Fruit Juice w/C+	<b>29</b> BBQ Beef Baked Beans Corn Pureed Soup Fruit Juice w/C+	<b>30</b> Waffles Turkey Sausage Mashed Potatoes Mixed Berries Fruit Juice w/C+
<b>31</b> French Toast Pears Scrambled Eggs Potatoes Fruit Juice w/C			<b>~MENU ITEMS ARE SUBJECT TO CHANGE~</b>	<b>*Frozen meals may be stored in a freezer for up to 2 weeks.</b>	<b>*Microwave:</b> Frozen meals on high for 4 to 5 mins or cold meals for 2-3 mins.	<b>*Oven:</b> Pre-heat to 350. Remove plastic film. Place on pan for 20-25 mins.

# March 2019



## RENAL MENU

510-574-2092

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>High Vitamin C=+</b> <b>High Vitamin A=*</b> <b>High Sodium (&gt;1000mg) =&lt;&gt;</b>					<b>1</b> Pot Roast Rotini Pasta Green Beans Coleslaw+ Pears	<b>2</b> Pepper Steak Brown Rice Green Beans Fresh Renal Fruit
<b>3</b> French Toast Turkey Sausage Cinnamon Applesauce Breakfast Potatoes Fruit Juice w/C+	<b>4</b> Meatloaf Carrots* White Rice Romaine & Cucumber+ Fruit Cocktail	<b>5</b> Chicken w/Vegetables Carrots* White Rice Renal Seasonal Fruit	<b>6</b> Chicken Noodle Soup (low sodium) Vegetarian Chili	<b>7</b> Turkey Carrots & Peas Rotini Pasta Romaine & Cucumber+ Peaches	<b>8</b> Pot Roast Rotini Pasta Green Beans Coleslaw+ Pears	<b>9</b> Salisbury Steak Peas & Carrots Cauliflower+ Fresh Fruit White Bread
<b>10</b> Chicken Drumsticks Rotini Pasta Mixed Vegetables Seasonal Fruit w/C+	<b>11</b> Meatloaf Carrots* White Rice Romaine & Cucumber+ Fruit Cocktail	<b>12</b> Chicken w/Vegetables Carrots* White Rice Renal Seasonal Fruit	<b>13</b> Chicken Noodle Soup (low sodium) Vegetarian Chili	<b>14</b> Turkey Carrots & Peas Rotini Pasta Romaine & Cucumber+ Peaches	<b>15</b> Pot Roast Rotini Pasta Green Beans Coleslaw+ Pears	<b>16</b> Spaghetti w/Meatballs Green Beans Baby Carrots* Fresh Renal Fruit
<b>17 Happy St. Pat's Day!</b> Corned Beef Cabbage Roasted Red Potatoes Green Gelatin w/Fruit Wheat Roll	<b>18</b> Meatloaf Carrots* White Rice Romaine & Cucumber+ Fruit Cocktail	<b>19</b> Chicken w/Vegetables Carrots* White Rice Renal Seasonal Fruit	<b>20</b> Chicken Noodle Soup (low sodium) Vegetarian Chili	<b>21</b> Turkey Carrots & Peas Rotini Pasta Romaine & Cucumber+ Peaches	<b>22</b> Pot Roast Rotini Pasta Green Beans Coleslaw+ Pears	<b>23</b> Oven Fried Chicken Green Peas Roasted Potatoes Diced Peas White Bread
<b>24</b> Chicken Patty w/ Wheat Bun Mixed Vegetables	<b>25</b> Meatloaf Carrots* White Rice Romaine & Cucumber+ Fruit Cocktail	<b>26</b> Chicken w/Vegetables Carrots* White Rice Renal Seasonal Fruit	<b>27</b> Chicken Noodle Soup (low sodium) Vegetarian Chili	<b>28</b> Turkey Carrots & Peas Rotini Pasta Romaine & Cucumber+ Peaches	<b>29</b> Pot Roast Rotini Pasta Green Beans Coleslaw+ Pears	<b>30</b> Beef Burgundy on Egg Noodles Steamed Baby Carrots Green Peas Renal Fresh Fruit
<b>31</b> Chef's Choice Vegetable (low K+) Vegetable (low K+) Whole Grain Tropical Fruit Cup+			<b>~MENU ITEMS ARE SUBJECT TO CHANGE~</b>	<b>*Frozen meals may be stored in a freezer for up to 2 weeks.</b>	<b>*Microwave:</b> Frozen meals on high for 4 to 5 mins or cold meals for 2-3 mins.	<b>*Oven:</b> Pre-heat to 350. Remove plastic film. Place on pan for 20-25 mins.



## What is processed food?

- Processed food is any food that has been altered from its naturally occurring state. There is a wide range of types of processing, and as a result, variation in the effects on nutrition.

## What are some examples of types of processing?

- **Minimal processing:** Some foods are very minimally processed, and the nutrition is completely unchanged. Examples of this include cut, washed vegetables (e.g. bagged salad greens, shelled raw nuts, cut fruit). These items are prepared for consumption, but nothing is added or removed from the food product.
- **Foods processed at their peak:** Some items are cut and canned or frozen to preserve quality and freshness. Foods that are processed in this way do not have anything added such as preservatives, salt, or sugar. Examples include canned vegetables with no added ingredients, cut, frozen vegetables, and canned tuna in water. These foods have very similar nutrient profiles as their unprocessed, fresh counterparts.
- **Foods with added ingredients:** Some foods have added ingredients that contribute to flavor and texture. These foods are more processed and can sometimes contain preservatives, added colors, and artificial flavors. Others may have natural additives such as salt and sugar. Do not mistake “natural” for “healthy.” There are many food additives that are natural but potentially unhealthy. There are also food additives that are artificial but have no effect on health. Pay close attention to the food labels on items in this category. Some examples include crackers, bread, jarred pasta sauce, yogurt, and salad dressing. Choices vary widely in nutrition content, so look for items that are lower in fat and sodium, and higher in fiber.
- **Pre-made meals:** This category includes a variety of food items fully processed and cooked, then chilled or frozen. Many additives are included to ensure good flavor and preservation. Frozen dinners and pizzas are examples. Note that your Meals on Wheels meal, even when delivered frozen, is not in this category as the meals are prepared fresh in our kitchens and frozen only for food safety and delivery convenience.

## Are processed foods “bad”?

- The short answer is, “It depends!” As you can see above, there is a wide variety of processing, and some processing changes the nutrition in the food very minimally, if at all; while other processing changes it significantly by adding components or even taking some away, as in the case with refined flour-based breads and crackers (from which most of the grain fiber has been removed). However, some processed foods have some beneficial components added, like B-vitamins in cereal or vitamin D in milk.
- Processed foods can be great conveniences for people who cannot cook much, due to limited mobility or lack of cooking equipment. Foods in the first two categories above are just as healthful as their fresh counterparts. For items in the last two categories, it is important to read labels on processed foods. Keep an eye out for your April menu education on label reading!