

April 2019



REGULAR MENU

510-574-2092

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
High Vitamin C=+ High Vitamin A=* High Sodium (>1000mg) =<>	1 <i>April Fool's Day!</i> Vegetarian Quiche Orzo Seasoned Greens+* Seasonal Fresh Fruit Wheat Bread	2 Chicken Enchilada Pinto Beans Broccoli+* Fresh fruit on Tender Greens Salad+	3 Stuffed Peppers Brown Rice Mixed Vegetables* Cream of Spinach Soup Fresh Orange+	4 Beef Stew Capri Vegetables* Roasted Potatoes Seasonal Fruit w/C+ Wheat Roll	5 Tuna Pasta Salad Mixed Greens Coleslaw+ Fruit Cocktail Brownie	6 Turkey Tetrzini Corn Peas & Carrots* Fresh Fruit w/C+
7 Turkey Sausage French Toast Warm Applesauce Potatoes O'Brien Juice w/C+	8 Spinach Lasagna+* Lima Beans Brussels Sprouts+ Seasonal Fresh Fruit	9 Baked Fish Brown Rice California Veggies+* Stewed Apples Spinach Salad+*	10 Tahitian Chicken Sweet Potatoes+* Blueberry Cobbler Cream of Broccoli Soup Wheat Crackers	11 Sweet & Sour Pork Chow Mein Noodles Corn w/Red Pepper+ Seasoned Greens+* Seasonal Fresh Fruit	12 Seafood Salad on Romaine Pasta Salad Three Bean Salad Fresh Fruit w/C+	13 Pepper Steak Green Beans Cabbage+ Wheat Bread Seasonal Fresh Fruit
14 Chicken Drumstick Corn Peas & Carrots* Fruit Cup w/C+ Wheat Roll	15 Spaghetti w/Mushroom Balls Green Beans Carrot Coins* Seasonal Fruit w/C+	16 Beef Burgundy Egg Noodles Mixed Vegetables+* Stewed Apples Tossed Salad	17 Oven Fried Chicken Roasted Potatoes California Veggies+* Potato & Corn Chowder Fresh Banana Wheat Crackers	18 Low Sodium Ham Scalloped Potatoes Parmesan Peas Dinner Roll Ambrosia Salad+	19 Breaded Catfish Rice Pilaf Capri Vegetables* Brussels Sprouts+ Seasonal Fresh Fruit	20 Salisbury Steak Cauliflower+ Peas & Onions Wheat Bread Seasonal Fresh Fruit
21 <i>Easter Sunday</i> Cheese Omelet Potatoes O'Brien Warm Apricot Compote Bran Muffin Juice w/C+ Easter Treat	22 Cheesy Pasta Bake Lima Beans Stewed Tomatoes Fresh Fruit w/C+	23 Chicken Pot Pie w/ Biscuit Topping Peas & Carrots* Zucchini Fresh Fruit on Tender Greens Salad+	24 Roasted Turkey Sweet Potatoes+* Brussels Sprouts+ Lentil & Carrot Soup Seasonal Fresh Fruit Wheat Crackers	25 Chili Con Carne Corn w/Red Pepper+ Broccoli+* Wheat Tortilla Seasonal Fresh Fruit	26 Chef's Chicken Salad on Mixed Greens Carrot Raisin Salad* Mixed Fruit Salad+ Croissant	27 Pasta Beef & Tomato Casserole Green Beans Cabbage+ Seasonal Fresh Fruit
28 Chef's Choice Vegetable (low K+) Vegetable (low K+) Whole Grain Tropical Fruit Cup+	29 Veggie Jambalaya Brown Rice Seasoned Greens+* Seasonal Fresh Fruit	30 Chicken Fajita Broccoli+* Corn w/Red Pepper+ Fresh Fruit Salad w/C+ Wheat Tortilla				
		"We are closed on HOLIDAYS & WEEKENDS!" ****	~MENU ITEMS ARE SUBJECT TO CHANGE~	*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.

April 2019



VEGETARIAN MENU

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
High Vitamin C=+ High Vitamin A=* High Sodium (>1000mg) =<>	1 April Fool's Day! Vegetarian Quiche Orzo Seasoned Greens+* Seasonal Fresh Fruit Wheat Bread	2 Cheese Enchilada Pinto Beans Broccoli+* Fresh fruit on Tender Greens Salad+	3 Brown Rice Mixed Vegetables* Succotash Cream of Spinach Soup Fresh Orange+	4 Hearty Vegetable Stew Capri Vegetables* Roasted Potatoes Seasonal Fruit w/C+ Wheat Roll	5 Tu-No Salad Plate Mixed Greens Coleslaw+ Fruit Cocktail Brownie	6 Tofu Tetrizzini Corn Peas & Carrots* Fresh Fruit w/C+
7 Veggie Sausage French Toast Warm Applesauce Potatoes O'Brien Juice w/C+	8 Spinach Lasagna+* Lima Beans Brussels Sprouts+ Seasonal Fresh Fruit	9 Spicy Bean Cakes/Salsa Brown Rice California Veggies+* Stewed Apples Spinach Salad+*	10 Sweet Potatoes+* Black Beans Corn Cream of Broccoli Soup Wheat Crackers	11 Tofu Sandwich On Wheat Bread Corn w/Red Pepper+ Seasoned Greens+* Seasonal Fresh Fruit	12 Tabouleh Salad w/Beans on Mixed Greens Pasta Salad Three Bean Salad Fresh Fruit w/C+	13 Lemony Chickpea Casserole Green Beans Cabbage+ Wheat Bread Seasonal Fresh Fruit
14 Veggie Sausage Pancakes Breakfast Potatoes Cinnamon Applesauce Juice w/C+	15 Spaghetti w/Mushroom Balls Green Beans Carrot Coins* Seasonal Fruit w/C+	16 Vegetable Lasagna Mixed Vegetables+* Stewed Apples Tossed Salad	17 Orzo w/Garbanzos Roasted Potatoes California Veggies+* Potato & Corn Chowder Fresh Banana	18 Lentil Loaf Scalloped Potatoes Parmesan Peas Dinner Roll Ambrosia Salad+	19 Tamale Corn Pie Capri Vegetables* Brussels Sprouts+ Seasonal Fresh Fruit Wheat Tortilla	20 Macaroni & Cheese Cauliflower+ Peas & Onions Seasonal Fresh Fruit
21 Easter Sunday Cheese Omelet Potatoes O'Brien Warm Apricot Compote Bran Muffin Juice w/C+ Easter Treat	22 Cheesy Pasta Bake Lima Beans Stewed Tomatoes Fresh Fruit w/C+	23 Vegetable Cutlet Peas & Carrots* Zucchini Fresh Fruit on Tender Greens Salad+ Wheat Bread	24 Sweet Potatoes+* Brussels Sprouts+ Brown Rice Lentil & Carrot Soup Seasonal Fresh Fruit	25 Garden Chili Corn w/Red Pepper+ Broccoli+* Wheat Tortilla Seasonal Fresh Fruit	26 Egg Salad on Mixed Greens Carrot Raisin Salad* Mixed Fruit Salad+ Croissant	27 Pasta Primavera Garbanzo Beans Cabbage+ Seasonal Fresh Fruit
28 Chef's Choice Vegetable (low K+) Vegetable (low K+) Whole Grain Tropical Fruit Cup+	29 Veggie Jambalaya Brown Rice Seasoned Greens+* Seasonal Fresh Fruit	30 Bean Burrito Broccoli+* Corn w/Red Pepper+ Fresh Fruit Salad w/C+				
		"We are closed on HOLIDAYS & WEEKENDS!" ****	-MENU ITEMS ARE SUBJECT TO CHANGE-	*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.

April 2019



MS and PUREE
510-574-2092

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

April 2019



RENAL MENU

510-574-2092

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
High Vitamin C=+ High Vitamin A=* High Sodium (>1000mg) =<>	1 <i>April Fool's Day!</i> Meatloaf Carrots* White Rice Romaine & Cucumber+ Fruit Cocktail	2 Chicken w/Vegetables Carrots* White Rice Renal Seasonal Fruit	3 Chicken Noodle Soup (Low Sodium) Vegetarian Chili	4 Turkey Carrots & Peas Rotini Pasta Romaine & Cucumber+ Peaches	5 Pot Roast Rotini Pasta Green Beans Coleslaw Pears	6 Turkey Tetrzinni Peas & Carrots* Cauliflower Fresh Fruit w/C+
7 French Toast Warm Applesauce Potatoes O'Brien Juice w/C+	8 Meatloaf Carrots* White Rice Romaine & Cucumber+ Fruit Cocktail	9 Chicken w/Vegetables Carrots* White Rice Renal Seasonal Fruit	10 Chicken Noodle Soup (Low Sodium) Vegetarian Chili	11 Turkey Carrots & Peas Rotini Pasta Romaine & Cucumber+ Peaches	12 Pot Roast Rotini Pasta Green Beans Coleslaw Pears	13 Pepper Steak Green Beans Cabbage+ White Bread Seasonal Fresh Fruit
14 Chicken Drumstick Green Beans Peas & Carrots* Fruit Cup w/C+ Wheat Roll	15 Meatloaf Carrots* White Rice Romaine & Cucumber+ Fruit Cocktail	16 Chicken w/Vegetables Carrots* White Rice Renal Seasonal Fruit	17 Chicken Noodle Soup (Low Sodium) Vegetarian Chili	18 Turkey Carrots & Peas Rotini Pasta Romaine & Cucumber+ Peaches	19 Pot Roast Rotini Pasta Green Beans Coleslaw Pears	20 Salisbury Steak Cauliflower Peas & Onions White Bread Renal Seasonal Fruit
21 <i>Easter Sunday</i> Cheese Omelet Potatoes O'Brien Warm Apricot Compote Bran Muffin Juice w/C+ Easter Treat	22 Meatloaf Carrots* White Rice Romaine & Cucumber+ Fruit Cocktail	23 Chicken w/Vegetables Carrots* White Rice Renal Seasonal Fruit	24 Chicken Noodle Soup (Low Sodium) Vegetarian Chili	25 Turkey Carrots & Peas Rotini Pasta Romaine & Cucumber+ Peaches	26 Pot Roast Rotini Pasta Green Beans Coleslaw Pears	27 Meatballs w/Gravy Egg Noodles Green Beans Cabbage+ Seasonal Fresh Fruit
28 Chef's Choice Vegetable (low K+) Vegetable (low K+) Whole Grain Tropical Fruit Cup+	29 Meatloaf Carrots* White Rice Romaine & Cucumber+ Fruit Cocktail	30 Chicken w/Vegetables Carrots* White Rice Renal Seasonal Fruit				
		"We are closed on HOLIDAYS & WEEKENDS!" ****	~MENU ITEMS ARE SUBJECT TO CHANGE~	*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.

Changes in CalFresh (Food Stamps) Rules for Seniors & Disabled Individuals Receiving SSI/SSP Benefits

Mary Louise Zernicke



Did you know that in Alameda County almost 50,000 seniors and people with disabilities live on an SSI/SSP benefit amount of about \$940 each month? And did you know that these folks are currently ineligible for CalFresh benefits, formally known as Food Stamps?

But there is some good news on the horizon!!

For the first time EVER in California, hundreds of thousands of seniors and people with disabilities who receive SSI/SSP benefits will be able to apply for CalFresh food benefits **beginning June 1, 2019**. This historic change, once implemented, will increase nutrition and health and reduce hunger and poverty among California's seniors and people with disabilities. California will finally join the rest of the nation in providing CalFresh benefits to low income seniors and people with disabilities.

With this new law, households that currently receive CalFresh and also include SSI/SSP individuals will continue to receive their benefits. There will be no change or reduction in the SSI/SSP benefit amount.

What is CalFresh?

CalFresh was formally known as Food Stamps. CalFresh (aka Food Stamp) benefits are now provided via an **Electronic Benefits Transfer (EBT) card**, which works just like a normal debit card. Because the EBT card looks and works just like a debit card, no one in the grocery line knows whether it is an EBT card or a credit card being used to purchase food.



How much in CalFresh benefits will I receive?

In Alameda County, the average benefit amount is approximately \$140. Households that pay out of pocket for medical expenses may be eligible for a deduction, which could increase the household's CalFresh benefit amount.

How will it work?

First, individuals receiving SSI/SSP will be eligible for CalFresh June 1, 2019. Starting in May, eligible SSI/SSP people can complete the CalFresh application but will not receive CalFresh benefits before June 1, 2019. They can call a county Social Services office to request an application be mailed. They do not need to come in to an office to apply. They can also apply online, at <https://www.mybenefitscalwin.org/> or <https://www.getcalfresh.org/>

Once an individual has applied for CalFresh, an interview appointment is required. The interview appointment can be completed over the phone. They will need to verify ID, income and expenses. *It is critical that the individual applying for CalFresh follow up with their application within 30 days.*

Alameda County hopes to have outreach materials available soon. Whether you are potentially eligible, or know someone who receives SSI/SSP, or you work with SSI/SSP clients, it is easy to complete the application process and could mean \$140 in CalFresh benefits for your SSI/SSP clients. It is equivalent to an additional 15% in income for people who need it most.