

June 2019



REGULAR MENU

510-574-2092

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
High Vitamin C=+ High Vitamin A=* High Sodium (>1000mg) =<>						1 Salisbury Steak Cauliflower+ Peas & Onions Wheat Bread Seasonal Fresh Fruit
2 Chicken Drumstick Corn Peas & Carrots* Fruit Cup w/C+ Wheat Roll	3 Cheesy Pasta Bake Lima Beans Stewed Tomatoes Fresh Fruit w/C+	4 Chicken Pot Pie w/ Biscuit Topping Peas & Carrots* Zucchini Fresh Fruit on Tender Greens Salad+	5 Roasted Turkey Sweet Potatoes+* Brussels Sprouts+ Lentil & Carrot Soup Seasonal Fresh Fruit Wheat Crackers	6 Chili Con Carne Corn w/Red Pepper+ Broccoli+* Wheat Tortilla Seasonal Fresh Fruit	7 Chef's Salad on Romaine Carrot Raisin Salad* Mixed Fruit Salad+ Croissant	8 Spaghetti w/Meatballs Green Beans Cabbage+ Seasonal Fresh Fruit
9 French Toast Turkey Sausage Warm Applesauce Potatoes O'Brien Juice w/C+	10 Veggie Jambalaya Brown Rice Seasoned Greens+* Seasonal Fresh Fruit	11 Beef Fajita Broccoli+* Corn w/Red Peppers+ Wheat Tortilla	12 Crab Cakes w/ Orzo Steamed Cabbage+ Stewed Apples Pepper Pot Soup+	13 Southwest Chicken Salad on Romaine Carrot Raisin Salad* Pineapple Tidbits+ Wheat Roll	14 Beef Stir -Fry Chow Mein Noodles Mixed Vegetables* Fresh Fruit w/C+	15 BBQ Chicken Sweet Corn Cauliflower+ Cornbread Seasonal Fresh Fruit
16 Chicken Patty Peas Carrot Coins* Wheat Bun Seasonal Fruit w/C+	17 4-Cheese Ziti Capri Vegetables* Lima Beans Fresh Orange+	18 Hamburger Roasted Potatoes Collard Greens+* Wheat Bun Fresh Fruit on Tender Greens Salad+	19 Pasta, Beef & Tomato Casserole CA Blend Vegetables+* Blueberry Cobbler Hearty Vegetable Soup	20 Chicken Chow Mein Peas & Carrots* Green Beans Ambrosia Salad+	21 Seafood Salad on Romaine Pineapple Coleslaw+ Mandarin Oranges+ Wheat Pita	22 Turkey Tetrazzini Steamed Baby Carrots* Parmesan Peas Fresh Fruit W/C+
23 Cheese Omelet Breakfast Potatoes Cinnamon Applesauce Fresh Orange+ Bran Muffin	24 Vegetarian Quiche Orzo Broccoli+* Fresh Fruit w/C+	25 Chicken Enchilada Capri Vegetables Pinto Beans Fresh Fruit Salad w/C+	26 Stuffed Peppers+ Succotash Brown Rice Cream of Spinach Soup+* Fresh Banana	27 Tuna Pasta Salad Coleslaw+ Pineapple Tidbits+ Wheat Roll	28 Pepper Steak Carrot Coins* Mashed Potatoes Fresh Orange+ Wheat Bread	29 Crispy Fish Peas & Onions Cauliflower+ Cornbread Seasonal Fresh Fruit
30 Chef's Choice Vegetable Fruit/Vegetable Fruit or Juice w/C+ Whole Grain		<i>"We are closed on HOLIDAYS & WEEKENDS!"</i> *****	<i>~MENU ITEMS ARE SUBJECT TO CHANGE~</i>	<i>*Frozen meals may be stored in a freezer for up to 2 weeks.</i>	<i>*Microwave: Frozen meals on high for 4- 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>

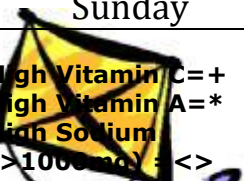


LIFE Meals on Wheels thanks the following organizations for their financial support: Alameda County Area Agency on Aging, Rochelle Pierce, Registered Dietician

June 2019



VEGETARIAN MENU

510-574-2092

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <p>High Vitamin C=+ High Vitamin A=* High Sodium (>1000mg) = <></p>						1 Macaroni & Cheese Cauliflower+ Peas & Onions Seasonal Fresh Fruit
2 Cheesy Omelet* Potatoes O'Brien Warm Apricot Compote* Blueberry Muffin Juice w/C+	3 Cheesy Pasta Bake Lima Beans Stewed Tomatoes Fresh Fruit w/C+	4 Vegetable Cutlet Peas & Carrots* Zucchini Fresh Fruit on Tender Greens Salad+ Wheat Bread	5 Sweet Potatoes+* Brussels Sprouts+ Lentil & Carrot Soup Seasonal Fresh Fruit	6 Garden Chili Corn w/Red Pepper+ Broccoli+* Wheat Tortilla Seasonal Fresh Fruit	7 Chef's Salad w/Cheese & Egg on Romaine Carrot Raisin Salad* Mixed Fruit Salad+ Croissant	8 Pasta Primavera Chickpeas Cabbage+ Seasonal Fresh Fruit
9 French Toast Veggie Sausage Warm Applesauce Breakfast Potatoes Juice w/C+	10 Veggie Jambalaya Brown Rice Seasoned Greens+* Seasonal Fresh Fruit	11 Bean & Cheese Burrito Broccoli+* Corn w/Red Peppers+ Wheat Tortilla	12 Orzo w/Garbanzos Steamed Cabbage+ Stewed Apples Pepper Pot Soup+	13 Southwest Black Bean Salad on Romaine Carrot Raisin Salad* Pineapple Tidbits+ Wheat Roll	14 Tofu Stir -Fry Chow Mein Noodles Mixed Vegetables* Fresh Fruit w/C+	15 Pasta E. Fagioli Sweet Corn Cauliflower+ Cornbread Seasonal Fresh Fruit
16 Pancakes Veggie Sausage Potatoes O'Brien Fruit Compote Juice w/C+	17 4-Cheese Ziti Capri Vegetables* Lima Beans Fresh Orange+	18 Veggie Burger Roasted Potatoes Collard Greens+* Wheat Bun Fresh Fruit on Tender Greens Salad+	19 Orzo w/Garbanzos CA Blend Vegetables+* Blueberry Cobbler Hearty Vegetable Soup	20 Veggie Chow Mein Peas & Carrots* Green Beans Ambrosia Salad+	21 Egg Salad on Romaine Pineapple Coleslaw+ Mandarin Oranges+ Wheat Pita	22 Tofu Tetrazzini Steamed Baby Carrots* Green Peas Fresh Fruit W/C+
23 Cheese Omelet Breakfast Potatoes Cinnamon Applesauce Fresh Orange+ Bran Muffin	24 Vegetarian Quiche Orzo Broccoli+* Fresh Fruit w/C+	25 Cheese Enchiladas Capri Vegetables Pinto Beans Fresh Fruit Salad w/C+	26 Succotash Brown Rice Cream of Spinach Soup+* Fresh Banana	27 Tu- No Salad Plate Coleslaw+ Pineapple Tidbits+ Wheat Roll	28 Squash Casserole Carrot Coins* Mashed Potatoes Fresh Orange+ Wheat Bread	29 Lemony Chickpea Casserole Peas & Onions Cauliflower+ Cornbread Seasonal Fresh Fruit
30 Chef's Choice Vegetable Fruit/Vegetable Fruit or Juice w/C+ Whole Grain		<p><i>"We are closed on HOLIDAYS & WEEKENDS!"</i> ****</p>	<p><i>~MENU ITEMS ARE SUBJECT TO CHANGE~</i></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- 5 mins or <u>cold</u> 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>


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June 2019



PUREE & MS MENU

510-574-2092

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
High Vitamin C=+ High Vitamin A=* High Sodium (>1000mg) =<>						1 Pancakes Scrambled Eggs Turkey Sausage Mashed Potatoes Fruit Juice w/C+
2 Western Omelet Breakfast Sausage Potatoes Fruit Juice w/C+	3 Pot Roast Green Beans Carrots* Pureed Brown Rice Fruit Juice w/C+	4 Chicken Enchilada Corn Broccoli Applesauce	5 Meatloaf Butternut Squash Peach Cobbler Pureed Soup	6 Turkey Bread Stuffing Cranberries Mashed Potatoes Fruit Juice w/C+	7 BBQ Beef Baked Beans Corn Pureed Soup Fruit Juice w/C+	8 Waffles Mixed Berries Turkey Sausage Mashed Potatoes Fruit Juice w/C+
9 French Toast Pears Scrambled Eggs Potatoes Fruit Juice w/C+	10 Pork Roast Sweet Potatoes Baked Apples Pureed Soup Pureed Brown Rice	11 Chicken Dumpling Peas Rutabaga Fruit Juice w/C+	12 Seafood Casserole Broccoli Cherry Cobbler Pureed Soup	13 Chicken Pot Pie Green Beans Mixed Berries Mashed Potatoes	14 Chicken w/Rice Peas Butternut Squash Fruit Juice w/C+	15 Pancakes Scrambled Eggs Turkey Sausage Mashed Potatoes Fruit Juice w/C+
16 Western Omelet Breakfast Sausage Potatoes Fruit Juice w/C+	17 Pot Roast Green Beans Carrots* Pureed Brown Rice Fruit Juice w/C+	18 Chicken Enchilada Corn Broccoli Applesauce	19 Meatloaf Butternut Squash Peach Cobbler Pureed Soup	20 Turkey Bread Stuffing Cranberries Mashed Potatoes Fruit Juice w/C+	21 BBQ Beef Baked Beans Corn Pureed Soup Fruit Juice w/C+	22 Waffles Mixed Berries Turkey Sausage Mashed Potatoes Fruit Juice w/C+
23 French Toast Pears Scrambled Eggs Potatoes Fruit Juice w/C+	24 Pork Roast Sweet Potatoes Baked Apples Pureed Soup Pureed Brown Rice	25 Chicken Dumpling Peas Rutabaga Fruit Juice w/C+	26 Seafood Casserole Broccoli Cherry Cobbler Pureed Soup	27 Chicken Pot Pie Green Beans Mixed Berries Mashed Potatoes	28 Chicken w/Rice Peas Butternut Squash Fruit Juice w/C+	29 Pancakes Scrambled Eggs Turkey Sausage Mashed Potatoes Fruit Juice w/C+
30 Western Omelet Breakfast Sausage Potatoes Fruit Juice w/C+		<i>"We are closed on HOLIDAYS & WEEKENDS!"</i> ****	<i>~MENU ITEMS ARE SUBJECT TO CHANGE~</i>	<i>*Frozen meals may be stored in a freezer for up to 2 weeks.</i>	<i>*Microwave: Frozen meals on high for 4- 5 mins or <u>cold</u> 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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June 2019



RENAL MENU

510-574-2092

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
High Vitamin C=+ High Vitamin A=* High Sodium (>1000mg) =<>						1 Salisbury Steak Cauliflower+ Peas & Onions White Bread Seasonal Fresh Fruit
2 Chicken Drumstick Corn Peas & Carrots* Fruit Cup w/C+ Dinner Roll	3 Meatloaf Carrots+ White Rice Romaine & Cucumber+ Fruit Cocktail	4 Chicken w/Vegetables Carrots+ White Rice Renal Seasonal Fruit	5 Chicken Noodle Soup <i>(Low Sodium)</i> Vegetarian Chili	6 Turkey Carrots & Peas* Rotini Pasta Romaine & Cucumber Peaches	7 Pot Roast Rotini Pasta Green Beans Coleslaw Pears	8 Spaghetti w/Meat Balls <i>(Pesto for Renal)</i> Green Beans Cabbage+ Seasonal Fresh Fruit
9 French Toast Turkey Sausage Warm Applesauce Potatoes O'Brien Fruit Juice w/C+	10 Meatloaf Carrots+ White Rice Romaine & Cucumber+ Fruit Cocktail	11 Chicken w/Vegetables Carrots+ White Rice Renal Seasonal Fruit	12 Chicken Noodle Soup <i>(Low Sodium)</i> Vegetarian Chili	13 Turkey Carrots & Peas* Rotini Pasta Romaine & Cucumber Peaches	14 Pot Roast Rotini Pasta Green Beans Coleslaw Pears	15 BBQ Chicken Sweet Corn Cauliflower+ Cornbread Seasonal Fresh Fruit
16 Chicken Patty w/ Hamburger Bun Peas Carrot Coins* Seasonal Fruit w/C+	17 Meatloaf Carrots+ White Rice Romaine & Cucumber+ Fruit Cocktail	18 Chicken w/Vegetables Carrots+ White Rice Renal Seasonal Fruit	19 Chicken Noodle Soup <i>(Low Sodium)</i> Vegetarian Chili	20 Turkey Carrots & Peas* Rotini Pasta Romaine & Cucumber Peaches	21 Pot Roast Rotini Pasta Green Beans Coleslaw Pears	22 Turkey Tetrazzini Steamed Baby Carrots* Parmesan Peas Fresh Fruit w/C+
23 Cheese Omelet Breakfast Potatoes Cinnamon Applesauce Fresh Orange+ Bran Muffin	24 Meatloaf Carrots+ White Rice Romaine & Cucumber+ Fruit Cocktail	25 Chicken w/Vegetables Carrots+ White Rice Renal Seasonal Fruit	26 Chicken Noodle Soup <i>(Low Sodium)</i> Vegetarian Chili	27 Turkey Carrots & Peas* Rotini Pasta Romaine & Cucumber Peaches	28 Pot Roast Rotini Pasta Green Beans Coleslaw Pears	29 Crispy Fish Peas & Onions Cauliflower+ Cornbread Seasonal Fresh Fruit
30 Chef's Choice Vegetable Fruit/Vegetable Fruit or Juice w/C+ Whole Grain		"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- 5 mins or cold meals for 2- 3 mins.	*Oven: Pre-heat to 350. Remove plastic film. Place on pan for 20- 25 mins.

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Did Someone Say Fiber?

What is Fiber?

Fiber is part of the food that is indigestible. There are 2 types of fiber:

- **Soluble** – dissolves in water
- **Insoluble** – does not dissolve in water

Why is Fiber Important?

- It can help improve bowel movements
- It can help keep your gut bacteria healthy
- Soluble fiber can help control “bad” cholesterol
- Soluble fiber can help prevent blood sugar spikes
- It can keep you full for a longer time

Both types of fiber are important parts of a healthy diet. There are a few exceptions. Consult your dietitian and/or doctor if fiber can aid in your overall health.

How much fiber is needed?

For men and women under 50 years of age, it is recommended to consume 38 grams and 25 grams of fiber, respectively. For age 51 and older, 30 grams and 21 grams for men and women, respectively.

How to increase fiber intake?

- Eating the recommended amount of fruits and vegetables
- Replacing refined grains with whole grains
- Look at the nutrition facts label

Sodium 115mg	5%
Total Carbohydrate 10g	3%
Dietary Fiber 5g	20%
Sugars 1g	

Some sources of soluble fiber:

Beans



Barley



Psyllium



Carrots



Apples w/ skin



Oats



Some sources of insoluble fiber:

Whole Wheat
(flour, bread, products)



Nuts



Beans



Potatoes



Green Beans



Cauliflower

