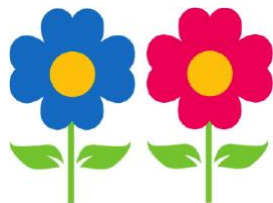


May 2019



**REGULAR MENU**  
510-574-2092

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><b>High Vitamin C=+</b> <b>High Vitamin A=*</b> <b>High Sodium (&gt;1000mg) =&lt;&gt;</b></p>			<p><b>1</b> Crab Cakes Brown Rice w/Black Beans Broccoli+* Stewed Apples Pepper Pot Soup+</p>	<p><b>2</b> Southwest Chicken Salad on Romaine Carrot Raisin Salad* Pineapple Tidbits+ Wheat Roll</p>	<p><b>3</b> Beefy Stir-fry Chow Mein Noodles Mixed Vegetables* Fresh Fruit w/C+</p>	<p><b>4</b> BBQ Chicken Sweet Corn Cauliflower+ Cornbread Seasonal Fresh Fruit</p>
<p><b>5</b> Chicken Patty Peas Carrot Coins* Wheat Bun Seasonal Fruit w/C+</p>	<p><b>6</b> 4-Cheese Ziti Capri Vegetables* Lima Beans Fresh Orange+</p>	<p><b>7</b> Hamburger Roasted Potatoes Collard Greens+* Wheat Bun Fresh Fruit on Tender Greens Salad+</p>	<p><b>8</b> Pasta, Beef, &amp; Tomato Casserole CA Blend Vegetables+* Peach Cobbler Hearty Vegetable Soup</p>	<p><b>9</b> Chicken Chow Mein Peas and Carrots* Green Beans Ambrosia Salad+</p>	<p><b>10</b> Seafood Salad on Romaine Pineapple Coleslaw+ Mandarin Oranges+ Wheat Pita</p>	<p><b>11</b> Turkey Tetrazzini Steamed Baby Carrots* Parmesan Peas Fresh Fruit w/C+</p>
<p><b>12</b> <i>MOTHERS DAY~</i> Cheese Omelet Breakfast Potatoes Cinnamon Applesauce Fresh Orange+ Wheat Muffin </p>	<p><b>13</b> Vegetarian Quiche Orzo Broccoli+* Fresh Fruit w/C+</p>	<p><b>14</b> Chicken Enchilada Capri Vegetables* Pinto Beans Fresh Fruit Salad w/C+</p>	<p><b>15</b> Stuffed Peppers Brown Rice Succotash Cream of Spinach Soup+* Fresh Banana</p>	<p><b>16</b> Tuna Pasta Salad Coleslaw+ Pineapple Tidbits+ Wheat Roll</p>	<p><b>17</b> Pepper Steak Carrot Coins* Mashed Potatoes Fresh Orange+ Wheat Bread</p>	<p><b>18</b> Crispy Fish Peas &amp; Onions Cauliflower+ Cornbread Seasonal Fresh Fruit</p>
<p><b>19</b> Swedish Meatballs w/Noodles Green Beans Corn Seasonal Fruit w/C+</p>	<p><b>20</b> Cheesy Pasta Bake Lima Beans Broccoli+* Wheat Roll Seasonal Fresh Fruit <i>* HOLIDAY MEAL FOR 27TH TO BE DELIVERED</i></p>	<p><b>21</b> Stuffed Cabbage Roll Peas and Carrots* Brussels Sprouts+ Fresh Fruit on Tender Greens Salad Wheat Bread</p>	<p><b>22</b> Tahitian Chicken Brown Rice CA Blend Veggies+* Stewed Apples Cream of Broccoli Soup</p>	<p><b>23</b> Oven Fried Chicken Steamed Baby Carrots* Succotash Ambrosia Salad+ Wheat Roll</p>	<p><b>24</b> Chicken Salad on Romaine Macaroni Salad Coleslaw+ Apple Slices</p>	<p><b>25</b> Smothered Pork Chop w/Country Gravy Cauliflower+ Carrots* Wheat Bread Seasonal Fresh Fruit</p>
<p><b>26</b> Chef's Choice Vegetable (low K+) Vegetable (low K+) Whole Grain Tropical Fruit Cup+</p>	<p><b>27</b> <i>MEMORIAL DAY~</i> <i>*HOLIDAY, CLOSED*</i> French Toast Low Sodium Turkey Sausage Breakfast Potatoes Warm Apricot Compote Fruit Juice w/C+</p>	<p><b>28</b> Beef Stroganoff Egg Noodles Stewed Tomatoes+ Parmesan Peas Fresh Fruit w/C+</p>	<p><b>29</b> Herbed Chicken Brown Rice Seasoned Greens+* Potato &amp; Corn Chowder Fresh Fruit</p>	<p><b>30</b> Pot Roast Roasted Potatoes Peas &amp; Carrots* Pineapple Chunks+ Wheat Bread</p>	<p><b>31</b> Chicken Ranch Salad On Romaine Three Bean Salad Pasta Salad Fresh Fruit w/C+</p>	
		<p><i>"We are closed on HOLIDAYS &amp; WEEKENDS!"</i> ****</p>	<p>~MENU ITEMS ARE SUBJECT TO CHANGE~</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 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>

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

May 2019



**VEGETARIAN MENU**

**510-574-2092**

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><b>High Vitamin C=+</b>  <b>High Vitamin A=*</b>  <b>High Sodium (&gt;1000mg) =&lt;&gt;</b></p>			<p><b>1</b> Brown Rice w/Black Beans            Broccoli+*            Stewed Apples            Pepper Pot Soup+</p>	<p><b>2</b> Southwest Black Bean Salad on Romaine            Carrot Raisin Salad*            Pineapple Tidbits+            Wheat Roll</p>	<p><b>3</b> Tofu Stir-fry            Chow Mein Noodles            Mixed Vegetables*            Fresh Fruit w/C+</p>	<p><b>4</b> Pasta E Fagioli            Sweet Corn            Cauliflower+            Cornbread            Seasonal Fresh Fruit</p>
<p><b>5</b> French Toast            Veggie Sausage            Fruit Compote            Breakfast Potatoes            Fruit Juice w/C+</p>	<p><b>6</b> 4-Cheese Ziti            Capri Vegetables*            Lima Beans            Fresh Orange+</p>	<p><b>7</b> Veggie Burger            Roasted Potatoes            Collard Greens+*            Wheat Bun            Fresh Fruit on Tender Greens Salad+</p>	<p><b>8</b> Orzo w/Garbanzos            CA Blend            Vegetables+*            Peach Cobbler            Hearty Vegetable Soup</p>	<p><b>9</b> Veggie Chow Mein            Peas and Carrots*            Green Beans            Ambrosia Salad+</p>	<p><b>10</b> Egg Salad on Romaine            Pineapple Coleslaw+            Mandarin Oranges+            Wheat Pita</p>	<p><b>11</b> Tofu Tetrazzini            Steamed Baby Carrots*            Parmesan Peas            Fresh Fruit w/C+</p>
<p><b>12</b> <i>MOTHERS DAY~</i>            Cheese Omelet            Breakfast Potatoes            Cinnamon Applesauce            Fresh Orange+            Wheat Muffin </p>	<p><b>13</b> Vegetarian Quiche            Orzo            Broccoli+*            Fresh Fruit w/C+</p>	<p><b>14</b> Cheese Enchilada            Capri Vegetables*            Pinto Beans            Fresh Fruit Salad w/C+</p>	<p><b>15</b> Scalloped Potatoes            Brown Rice            Succotash            Fresh Banana            Cream of Spinach Soup+*</p>	<p><b>16</b> Tu-No Pasta Salad            Coleslaw+            Pineapple Tidbits+            Wheat Roll</p>	<p><b>17</b> Squash Casserole            Carrot Coins*            Mashed Potatoes            Fresh Orange+            Wheat Bread</p>	<p><b>18</b> Vegetable Cutlet            Peas &amp; Onions            Cauliflower+            Cornbread            Seasonal Fresh Fruit</p>
<p><b>19</b> Pancakes            Veggie Sausage            Warm Applesauce            Potatoes O'Brien            Fruit Juice w/C+</p>	<p><b>20</b> Spinach Lasagna+*            Lima Beans            Broccoli+*            Wheat Roll            Seasonal Fresh Fruit  <i>* HOLIDAY MEAL FOR 27<sup>TH</sup> TO BE DELIVERED</i></p>	<p><b>21</b> Spicy Bean Cakes w/Salsa            Peas and Carrots*            Brussels Sprouts+            Fresh Fruit on Tender Greens Salad            Wheat Bread</p>	<p><b>22</b> CA Blend Veggies+*            Brown Rice            Stewed Apples            Cream of Broccoli Soup</p>	<p><b>23</b> Tofu Sandwich            Steamed Baby Carrots*            Succotash            Ambrosia Salad+            Wheat Roll</p>	<p><b>24</b> Tabouleh Salad on Romaine            Macaroni Salad            Coleslaw+            Apple Slices</p>	<p><b>25</b> Lemony Chickpea Casserole            Cauliflower+            Carrots*            Wheat Bread            Seasonal Fresh Fruit</p>
<p><b>26</b> Chef's Choice            Vegetable (low K+)            Vegetable (low K+)            Whole Grain            Tropical Fruit Cup+</p>	<p><b>27</b> <i>MEMORIAL DAY~</i>  <i>*HOLIDAY, CLOSED*</i>            French Toast            Veggie Sausage            Breakfast Potatoes            Warm Apricot Compote            Fruit Juice w/C+</p>	<p><b>28</b> Mushroom Stroganoff            Egg Noodles            Stewed Tomatoes+            Parmesan Peas            Fresh Fruit w/C+</p>	<p><b>29</b> Succotash            Seasoned Greens+*            Brown Rice            Potato &amp; Corn Chowder            Fresh Fruit</p>	<p><b>30</b> Tamale Corn Pie            Peas &amp; Carrots*            Roasted Potatoes            Pineapple Chunks+            Wheat Bread</p>	<p><b>31</b> Lentil Salad w/Lemon &amp; Fresh Herbs            Three Bean Salad            Pasta Salad            Fresh Fruit w/C+</p>	
		<p><i>"We are closed on HOLIDAYS &amp; WEEKENDS!"</i>            *****</p>	<p>~MENU ITEMS ARE SUBJECT TO CHANGE~</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 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>

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May 2019

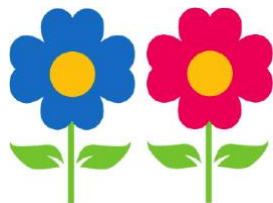


**MS & PUREE**  
510-574-2092

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>High Vitamin C=+ High Vitamin A=* High Sodium (&gt;1000mg) =&lt;&gt;</b>			<b>1</b> Seafood Casserole Broccoli Cherry Cobbler Pureed Soup	<b>2</b> Chicken Pot Pie Green Beans Mixed Berries Mashed Potatoes	<b>3</b> Chicken w/rice Peas Butternut Squash Fruit Juice w/C+	<b>4</b> Pancakes Scrambled Eggs Turkey Sausage Mashed Potatoes Fruit Juice w/C+
<b>5</b> Western Omelet Breakfast Sausage Potatoes Fruit Juice w/C+	<b>6</b> Pot Roast Green Beans Carrots* Pureed Brown Rice Fruit Juice w/C+	<b>7</b> Chicken Enchilada Corn Broccoli Applesauce	<b>8</b> Meatloaf Butternut Squash Peach Cobbler Pureed Soup	<b>9</b> Turkey Bread Stuffing Cranberries Mashed Potatoes Fruit Juice w/C+	<b>10</b> BBQ Beef Baked Beans Corn Pureed Soup Fruit Juice w/C+	<b>11</b> Waffles Mixed Berries Turkey Sausage Mashed Potatoes Fruit Juice w/C+
<b>12 <i>MOTHERS DAY~</i></b> French Toast Pears Scrambled Eggs Potatoes Fruit Juice w/C+	<b>13</b> Pork Roast Sweet Potatoes Baked Apples Pureed Brown Rice Pureed Soup	<b>14</b> Chicken Dumpling Peas Rutabaga Fruit Juice w/C+	<b>15</b> Seafood Casserole Broccoli Cherry Cobbler Pureed Soup	<b>16</b> Chicken Pot Pie Green Beans Mixed Berries Mashed Potatoes	<b>17</b> Chicken w/rice Peas Butternut Squash Fruit Juice w/C+	<b>18</b> Pancakes Scrambled Eggs Turkey Sausage Mashed Potatoes Fruit Juice w/C+
<b>19</b> Western Omelet Breakfast Sausage Potatoes Fruit Juice w/C+	<b>20</b> Pot Roast Green Beans Carrots* Pureed Brown Rice Fruit Juice w/C+ <b>* HOLIDAY MEAL FOR 27<sup>TH</sup> TO BE</b>	<b>21</b> Chicken Enchilada Corn Broccoli Applesauce	<b>22</b> Meatloaf Butternut Squash Peach Cobbler Pureed Soup	<b>23</b> Turkey Bread Stuffing Cranberries Mashed Potatoes Fruit Juice w/C+	<b>24</b> BBQ Beef Baked Beans Corn Pureed Soup Fruit Juice w/C+	<b>25</b> Waffles Mixed Berries Turkey Sausage Mashed Potatoes Fruit Juice w/C+
<b>26</b> French Toast Pears Scrambled Eggs Potatoes Fruit Juice w/C+	<b>27 <i>MEMORIAL DAY</i></b> <b>*HOLIDAY, CLOSED*</b> Pork Roast Sweet Potatoes Baked Apples Pureed Soup Pureed Brown Rice	<b>28</b> Chicken Dumpling Peas Rutabaga Fruit Juice w/C+	<b>29</b> Seafood Casserole Broccoli Cherry Cobbler Pureed Soup	<b>30</b> Chicken Pot Pie Green Beans Mixed Berries Mashed Potatoes	<b>31</b> Chicken w/rice Peas Butternut Squash Fruit Juice w/C+	
	 <small>shutterstock - 133116083</small>	<b><i>"We are closed on HOLIDAYS &amp; WEEKENDS!"</i></b> <b>****</b>	<b>~MENU ITEMS ARE SUBJECT TO CHANGE~</b>	<b><i>*Frozen meals may be stored in a freezer for up to 2 weeks.</i></b>	<b><i>*Microwave: Frozen meals on high for 4- 5 mins or cold meals for 2- 3 mins.</i></b>	<b><i>*Oven: Pre-heat to 350. Remove plastic film. Place on pan for 20- 25 mins.</i></b>

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May 2019



**RENAL MENU**  
510-574-2092

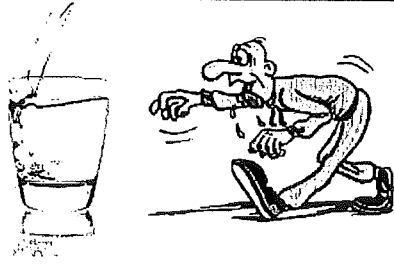
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><b>High Vitamin C=+</b> <b>High Vitamin A=*</b> <b>High Sodium (&gt;1000mg) =&lt;&gt;</b></p>	<p><b>Happy Cinco De Mayo</b></p>		<p><b>1</b> Chicken Noodle Soup (Low Sodium) Vegetarian Chili</p>	<p><b>2</b> Turkey Carrots &amp; Peas Rotini Pasta Romaine &amp; Cucumber+ Peaches</p>	<p><b>3</b> Pot Roast Rotini Pasta Green Beans Coleslaw Pears</p>	<p><b>4</b> BBQ Chicken Sweet Corn Cauliflower+ Cornbread Muffin Seasonal Fresh Fruit</p>
<p><b>5</b> Chicken Patty Green Peas Carrot Coins Wheat Bun Seasonal Fruit w/C+</p>	<p><b>6</b> Meatloaf Carrots+ White Rice Romaine &amp; Cucumber+ Fruit Cocktail</p>	<p><b>7</b> Chicken w/Vegetables Carrots White Rice Renal Seasonal Fruit</p>	<p><b>8</b> Chicken Noodle Soup (Low Sodium) Vegetarian Chili</p>	<p><b>9</b> Turkey Carrots &amp; Peas Rotini Pasta Romaine &amp; Cucumber+ Peaches</p>	<p><b>10</b> Pot Roast Rotini Pasta Green Beans Coleslaw Pears</p>	<p><b>11</b> Turkey Tetrzzini Strained Baby Carrots* Parmesan Peas Fresh Fruit w/C+</p>
<p><b>12 MOTHERS DAY~</b> Cheese Omelet Breakfast Potatoes Cinnamon Applesauce Fresh Orange+ Wheat Muffin</p>	<p><b>13</b> Meatloaf Carrots+ White Rice Romaine &amp; Cucumber+ Fruit Cocktail</p>	<p><b>14</b> Chicken w/Vegetables Carrots White Rice Renal Seasonal Fruit</p>	<p><b>15</b> Chicken Noodle Soup (Low Sodium) Vegetarian Chili</p>	<p><b>16</b> Turkey Carrots &amp; Peas Rotini Pasta Romaine &amp; Cucumber+ Peaches</p>	<p><b>17</b> Pot Roast Rotini Pasta Green Beans Coleslaw Pears</p>	<p><b>18</b> Crispy Fish Peas &amp; Onions Cauliflower+ Cornbread Muffin Seasonal Fresh Fruit</p>
<p><b>19</b> Swedish Meatballs w/ Noodles Green Beans Corn Seasonal Fruit w/C+</p>	<p><b>20</b> Meatloaf Carrots+ White Rice Romaine &amp; Cucumber+ Fruit Cocktail <b>* HOLIDAY MEAL FOR 27<sup>TH</sup> TO BE DELIVERED</b></p>	<p><b>21</b> Chicken w/Vegetables Carrots White Rice Renal Seasonal Fruit</p>	<p><b>22</b> Chicken Noodle Soup (Low Sodium) Vegetarian Chili</p>	<p><b>23</b> Turkey Carrots &amp; Peas Rotini Pasta Romaine &amp; Cucumber+ Peaches</p>	<p><b>24</b> Pot Roast Rotini Pasta Green Beans Coleslaw Pears</p>	<p><b>25</b> Smothered Pork Chop w/Country Gravy Cauliflower+ Carrots+ Wheat Bread Seasonal Fresh Fruit</p>
<p><b>26</b> Chef's Choice Vegetable (low K+) Vegetable (low K+) Whole Grain Tropical Fruit Cup+</p>	<p><b>27 MEMORIAL DAY~</b> <b>*HOLIDAY, CLOSED*</b> Meatloaf Carrots+ White Rice Romaine &amp; Cucumber+ Fruit Cocktail</p>	<p><b>28</b> Chicken w/Vegetables Carrots White Rice Renal Seasonal Fruit</p>	<p><b>29</b> Chicken Noodle Soup (Low Sodium) Vegetarian Chili</p>	<p><b>30</b> Turkey Carrots &amp; Peas Rotini Pasta Romaine &amp; Cucumber+ Peaches</p>	<p><b>31</b> Pot Roast Rotini Pasta Green Beans Coleslaw Pears</p>	
		<p><b>"We are closed on HOLIDAYS &amp; WEEKENDS!"</b> ****</p>	<p>~MENU ITEMS ARE SUBJECT TO CHANGE~</p>	<p><b>*Frozen meals may be stored in a freezer for up to 2 weeks.</b></p>	<p><b>*Microwave: Frozen meals on high for 4- 5 mins or cold meals for 2-3 mins.</b></p>	<p><b>*Oven: Pre-heat to 350. Remove plastic film. Place on pan for 20- 25 mins.</b></p>

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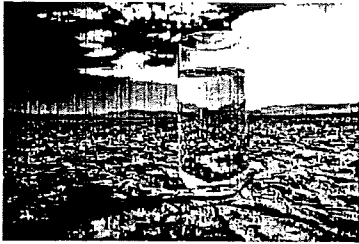
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# HYDRATION

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Hydration is critically important to health. Seniors are at an increased risk for dehydration during hot summers, since they don't necessarily sense thirst as much as younger people. Additionally, seniors are more likely to be on dehydrating medications like diuretics. Some people consciously try to drink less to avoid needing to go to the bathroom more. Regardless of the potential inconvenience, it is important to keep yourself hydrated! Fluids help keep our organs and muscles functioning well.



## Dehydration

**Symptoms:** Symptoms can include increased thirst, weakness, dizziness, low blood pressure, dry mouth, headache, dry skin, rapid heart rate, confusion, and dark or strong smelling urine. If severe, dehydration can lead to coma, seizures, or shock.

**Risk Factors:** As mentioned above, seniors are at increased risk for dehydration since they sometimes have a lower perception of thirst. Other risk factors include heat (causes sweating), vomiting or diarrhea, swallowing difficulties, and the presence of skin ulcers, burns or wounds.

**Treatments:** If someone is exhibiting signs of hydration as above, the first course of action is to try and get them to sip small amounts of water. Sometimes, an electrolyte and carbohydrate containing drink like coconut water, Gatorade, and Pedialyte can be helpful. If it is hard for the person to sip, sucking on popsicles can also work. Popsicles made of Pedialyte are commercially available, and convenient to keep in the freezer in case of dehydration. If possible, move the person to air conditioning or a cooler location. Spraying water on exposed skin can also be helpful. Severe dehydration may require medical treatment.

## How Much Water In a Day

Healthy people need about 30-50 ounces of water per day to avoid becoming dehydrated. This shouldn't be consumed at once, though. The kidneys are not as efficient in older adults, so it's better to gradually hydrate, or sip water throughout the day.

## Avoiding Dehydration

It is important to understand the signs and symptoms of dehydration, as well as potential home treatments should you or someone you know experience it. However, it is even better to avoid dehydration to begin with!

If you do not have a condition that dictates the need for a fluid restriction (like liver disease, kidney failure, congestive heart failure, or hyponatremia— low sodium), you should drink 30-50 ounces of fluids throughout the day. That's equivalent to about 4-6 eight-ounce glasses per day. If you take a medication that causes water retention such as NSAIDS (non-steroidal anti-inflammatory drugs) for inflammation, opiates for pain, or antidepressants, you should consult with your doctor about how much fluid you need each day.

The best choice for hydrating is water, but there are many other options as well. Beverages with added sugar, like regular soda, syrup containing coffee drinks, and energy drinks should be avoided. Beverages like milk and 100% juice, which have sugar and/or fat but also some nutritional value should be chosen in moderation. Caffeine-containing beverages and alcohol actually contribute to dehydration, so do not count toward fluid goals.