



September 2019



REGULAR MENU

510-574-2092

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 Swedish Meatballs w/Noodles Carrot Coins* Green Beans Seasonal Fresh Fruit w/C+	2 LABOR DAY. OFFICE CLOSED. Cheese Omelet Potatoes O'Brien Warm Apricot Compote* Bran Muffin Fruit Juice w/C+ <i>meal was delivered on 8/26/19</i>	3 Chicken, Brown Rice, & Black Beans Burrito Bowl Corn w/Red Peppers Broccoli+* Seasonal Fresh Fruit	4 Seafood Salad on Romaine Pineapple Coleslaw+ Fruit Cocktail Bean & Barley Soup Wheat Roll	5 Chicken Jambalaya White Rice Capri Vegetables Stewed Cinnamon Apples Spinach Salad=*	6 Beef Chow Mein Bok Choy+ Mixed Vegetables* Seasonal Fresh Fruit	7 Chicken Enchilada Green Beans Corn Seasonal Fresh Fruit+ Wheat Tortilla
8 Turkey Sausage French Toast Breakfast Potatoes Applesauce Fruit Juice w/C+	9 Vegetarian Quiche Cauliflower w/Red Peppers+ Blueberry Cobbler Garden Salad+ Wheat Roll	10 Ham w/Raisin Sauce Roasted Potatoes Orzo Seasonal Fresh Fruit+	11 Chicken Ranch Salad on Romaine Carrot Raisin Salad Mandarin Oranges Cream of Spinach Soup Wheat Crackers	12 Baked Fish Brown Rice California Blend Veggies Green peas Tender Greens w/Fresh Fruit Salad	13 Salisbury Steak Mashed Potatoes Brussels Sprouts+ Seasonal Fruit Wheat Bread	14 Turkey Burger Green Beans Corn Wheat Bun Seasonal Fresh Fruit
15 Chicken Drumstick Baby Carrots* Peas Wheat Roll Seasonal Fresh Fruit w/C+	16 4-Cheese Ziti Lima Beans Broccoli+* Fruit Cup+	17 Chicken Pot Pie w/ Biscuit Topping Peas & Carrots* Stewed Apples Spinach Salad+*	18 Fruit & Cottage Cheese Salad+ Three Bean Salad Chilled Beets 7- Bean Soup Wheat Crackers	19 Chili Con Carne Brown Rice Capri Vegetables* Seasonal Fresh Fruit Brownie	20 Teriyaki Chicken Chow Mein Noodles Steamed Cabbage+ Fresh Banana	21 Pasta, Beef & Tomato Casserole Cauliflower+ Carrot Coins* Seasonal Fresh Fruit
22 Pancakes Turkey Sausage Breakfast Potatoes Warm Applesauce Fruit Juice w/C+	23 Kidney Bean and Lentil Daal California Blend Veggies Brown Rice Seasonal Fresh Fruit	24 BBQ Chicken Grilled Potatoes & Peppers Sweet Corn Seasonal Fresh Fruit Cornbread	25 Tuna Salad on Greens Carrot Raisin Salad* Pineapple Tidbits+ Cream Tomato Soup Wheat Roll	26 Rosemary Pork Chop Brussels Sprouts+ Orzo Tender Greens w/Fresh Fruit Salad+	27 Chicken Fajita Mixed Vegetables* Broccoli+* Seasonal Fresh Fruit Wheat Tortilla	28 Beef Stroganoff Egg Noodles Green Peas Baby Carrots* Seasonal Fresh Fruit+
29 Chef's Special Vegetables Fruit/Vegetables Fruit or Juice w/C+% Whole Grain	30 Spinach Lasagna+* Steamed Cabbage+ Stewed Apples Garden Salad	High Vitamin C=+ High Vitamin A=* High Sodium (>1000mg) =<>				
	~MENU ITEMS ARE SUBJECT TO CHANGE~	~We are closed on HOLIDAYS & WEEKENDS! ~	Weekend meals are ordered a week in advanced and delivered FROZEN on Thursdays and Fridays along with your chilled meal.	*Cold meals may be stored in fridge for up to 1-2 days *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.

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



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VEGETARIAN MENU

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 Veggie Sausage Pancakes Breakfast Potatoes Cinnamon Applesauce Fruit Juice w/C+	2 LABOR DAY. OFFICE CLOSED Cheese Omelet Potatoes O'Brien Warm Apricot Compote* Bran Muffin Fruit Juice w/C+ <i>meal was delivered on 8/26/19</i>	3 Brown Rice & Black Beans Burrito Bowl Corn w/Red Peppers Broccoli+* Seasonal Fresh Fruit	4 Egg Salad on Romaine Pineapple Coleslaw+ Fruit Cocktail Bean & Barley Soup Wheat Roll	5 Veggie Jambalaya White Rice Capri Vegetables Stewed Cinnamon Apples Spinach Salad=*	6 Veggie Chow Mein Bok Choy+ Mixed Vegetables* Seasonal Fresh Fruit	7 Cheese Enchilada Green Beans Corn Seasonal Fresh Fruit+ Wheat Tortilla
8 Veggie Sausage French Toast Breakfast Potatoes Applesauce Fruit Juice w/C+	9 Vegetarian Quiche Cauliflower w/Red Peppers+ Blueberry Cobbler Garden Salad+ Wheat Roll	10 Veggie Sausage w/Raisin Sauce Roasted Potatoes Orzo Seasonal Fresh Fruit+	11 Lentil Salad w/lemon & Herbs on Romaine Carrot Raisin Salad Mandarin Oranges Cream of Spinach Soup Wheat Crackers	12 Tamale Corn Pie Brown Rice California Blend Veggies Green peas Tender Greens w/Fresh Fruit Salad	13 Vegetable Lasagna+ Baby Carrots* Brussels Sprouts+ Seasonal Fruit	14 Macaroni & Cheese Green Beans Corn Seasonal Fresh Fruit
15 Cheese Omelet Potatoes O'Brien Warm Apricot Compote* Bran Muffin Fruit Juice w/C+	16 4-Cheese Ziti Lima Beans Broccoli+* Fruit Cup+	17 Vegetable Cutlet Peas & Carrots* Stewed Apples Spinach Salad+* Wheat Bread	18 Fruit & Cottage Cheese Salad+ Three Bean Salad Chilled Beets 7- Bean Soup Wheat Crackers	19 Garden Chili Brown Rice Capri Vegetables* Seasonal Fresh Fruit Brownie	20 Teriyaki Tofu Chow Mein Noodles Steamed Cabbage+ Fresh Banana	21 Pasta Primavera Casserole Cauliflower+ Carrot Coins* Seasonal Fresh Fruit
22 Veggie Sausage Pancakes Breakfast Potatoes Warm Applesauce Fruit Juice w/C+	23 Kidney Bean & Lentil Daal California Blend Veggies Brown Rice Seasonal Fresh Fruit	24 Baked BBQ Beans Grilled Potatoes & Peppers Sweet Corn Seasonal Fresh Fruit Cornbread	25 Tu-NO Salad on Greens Carrot Raisin Salad* Pineapple Tidbits+ Cream Tomato Soup Wheat Roll	26 Squash Casserole Brussels Sprouts+ Orzo Tender Greens w/Fresh Fruit Salad+	27 Veggie Fajita Pinto Beans Mixed Vegetables* Broccoli+* Seasonal Fresh Fruit Wheat Tortilla	28 Mushroom Stroganoff Egg Noodles Green Peas Baby Carrots* Seasonal Fresh Fruit+
29 Chef's Special Vegetables Fruit/Vegetables Fruit or Juice w/C+% Whole Grain	30 Spinach Lasagna+* Steamed Cabbage+ Stewed Apples Garden Salad	High Vitamin C=+ High Vitamin A=* High Sodium (>1000mg) =<>				
	~MENU ITEMS ARE SUBJECT TO CHANGE~	~We are closed on HOLIDAYS & WEEKENDS! ~	Weekend meals are ordered a week in advanced and delivered FROZEN on Thursdays and Fridays along with your chilled meal.	*Cold meals may be stored in fridge for up to 1-2 days *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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MS & PUREE MENU

510-574-2092

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 French Toast Pears Scrambled Eggs Mashed Potatoes Fruit Juice w/C+	2 LABOR DAY. OFFICE CLOSED. Pork Roast Sweet Potatoes Baked Apples Pureed Soup Pureed Brown Rice <i>meal was delivered on 8/26/19</i>	3 Chicken & Dumplings Peas Rutabaga Fruit Juice w/C+	4 Seafood Casserole Broccoli Cherry Cobbler Pureed Soup	5 Chicken Pot Pie Green Beans Mixed Berries Mashed Potatoes	6 Chicken w/Rice Peas Butternut Squash Fruit Juice w/C+	7 Pancakes Scrambled Eggs Turkey Sausage Mashed Potatoes Fruit Juice w/C+
8 Western Omelet Pears Mashed Potatoes Fruit Juice w/C+	9 Pot Roast Green Beans Carrots Pureed Brown Rice Fruit Juice w/C+	10 Chicken Enchilada Corn Broccoli Applesauce	11 Meatloaf Butternut Squash Peach Cobbler Pureed Soup	12 Turkey Bread Stuffing Cranberries Mashed Potatoes Fruit Juice w/C+	13 BBQ Beef Baked Beans Corn Pureed Soup Fruit Juice w/C+	14 Waffles Mixed Berries Turkey Sausage Mashed Potatoes Fruit Juice w/C+
15 French Toast Pears Scrambled Eggs Mashed Potatoes Fruit Juice w/C+	16 Pork Roast Sweet Potatoes Baked Apples Pureed Soup Pureed Brown Rice	17 Chicken & Dumplings Peas Rutabaga Fruit Juice w/C+	18 Seafood Casserole Broccoli Cherry Cobbler Pureed Soup	19 Chicken Pot Pie Green Beans Mixed Berries Mashed Potatoes	20 Chicken w/Rice Peas Butternut Squash Fruit Juice w/C+	21 Pancakes Scrambled Eggs Turkey Sausage Mashed Potatoes Fruit Juice w/C+
22 Western Omelet Pears Mashed Potatoes Fruit Juice w/C+	23 Pot Roast Green Beans Carrots Pureed Brown Rice Fruit Juice w/C+	24 Chicken Enchilada Corn Broccoli Applesauce	25 Meatloaf Butternut Squash Peach Cobbler Pureed Soup	26 Turkey Bread Stuffing Cranberries Mashed Potatoes Fruit Juice w/C+	27 BBQ Beef Baked Beans Corn Pureed Soup Fruit Juice w/C+	28 Waffles Mixed Berries Turkey Sausage Mashed Potatoes Fruit Juice w/C+
29 French Toast Pears Scrambled Eggs Mashed Potatoes Fruit Juice w/C+	30 Pork Roast Sweet Potatoes Baked Apples Pureed Soup Pureed Brown Rice	High Vitamin C=+ High Vitamin A=* High Sodium (>1000mg) =<>				
	~MENU ITEMS ARE SUBJECT TO CHANGE~	~We are closed on HOLIDAYS & WEEKENDS! ~	Weekend meals are ordered a week in advanced and delivered FROZEN on Thursdays and Fridays along with your chilled meal.	*Cold meals may be stored in fridge for up to 1-2 days *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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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 Swedish Meatballs w/Noodles Carrot Coins Green Beans Seasonal Fresh Fruit	2 LABOR DAY. OFFICE CLOSED. Meatloaf Carrots White Rice Romaine & Cucumber Fruit Cocktail <i>meal was delivered on 8/26/19</i>	3 Chicken w/ Vegetables Carrots White Rice Renal Seasonal Fruit	4 Chicken Noodle Soup (Low Sodium) Vegetarian Chili	5 Turkey Carrots & Peas Rotini Pasta Romaine & Cucumber Peaches	6 Pot Roast Rotini Pastas Green Beans Coleslaw Pears	7 Chicken Enchilada Green Beans Seasonal Fresh Fruit Wheat Tortilla
8 Turkey Sausage French Toast Breakfast Potatoes Applesauce Fruit Juice w/C+	9 Meatloaf Carrots White Rice Romaine & Cucumber Fruit Cocktail	10 Chicken w/ Vegetables Carrots White Rice Renal Seasonal Fruit	11 Chicken Noodle Soup (Low Sodium) Vegetarian Chili	12 Turkey Carrots & Peas Rotini Pasta Romaine & Cucumber Peaches	13 Pot Roast Rotini Pastas Green Beans Coleslaw Pears	14 Turkey Burger Green Beans Corn Wheat Bun Seasonal Fresh Fruit
15 Chicken Drumstick Baby Carrots Peas Wheat Roll Seasonal Fresh Fruit w/C+	16 Meatloaf Carrots White Rice Romaine & Cucumber Fruit Cocktail	17 Chicken w/ Vegetables Carrots White Rice Renal Seasonal Fruit	18 Chicken Noodle Soup (Low Sodium) Vegetarian Chili	19 Turkey Carrots & Peas Rotini Pasta Romaine & Cucumber Peaches	20 Pot Roast Rotini Pastas Green Beans Coleslaw Pears	21 Pasta Beef and Tomato Casserole Cauliflower+ Carrot Coins* Seasonal Fresh Fruit
22 Pancakes Turkey Sausage Breakfast Potatoes Warm Applesauce Fruit Juice w/C+	23 Meatloaf Carrots White Rice Romaine & Cucumber Fruit Cocktail	24 Chicken w/ Vegetables Carrots White Rice Renal Seasonal Fruit	25 Chicken Noodle Soup (Low Sodium) Vegetarian Chili	26 Turkey Carrots & Peas Rotini Pasta Romaine & Cucumber Peaches	27 Pot Roast Rotini Pastas Green Beans Coleslaw Pears	28 Beef Stroganoff Egg Noodles Green peas Baby Carrots Seasonal Fresh Fruit
29 Chef's Choice Vegetable Fruit/ Vegetable Fruit Juice w/C+ Whole Grain	30 Meatloaf Carrots White Rice Romaine & Cucumber Fruit Cocktail	High Vitamin C=+ High Vitamin A=* High Sodium (>1000mg) =<>				
	~MENU ITEMS ARE SUBJECT TO CHANGE~	~We are closed on HOLIDAYS & WEEKENDS! ~	Weekend meals are ordered a week in advanced and delivered FROZEN on Thursdays and Fridays along with your chilled meal.	*Cold meals may be stored in fridge for up to 1-2 days *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.

Understanding the Nutrition Label

1 - Start with the serving information at the top.

2 - Next, check total calories per serving and container.

3 - Limit certain nutrients.

Check key nutrients and understand what you're looking for. **Not all fats are bad**, and total sugars can include both natural and **added sugars**. Limit the amounts of added sugars, **saturated fat**, and **sodium** you eat, and avoid **trans fat**.

4 - Get enough of the beneficial nutrients.

Make sure you get enough of the nutrients your body needs, such as: calcium, choline, dietary fiber, iron, magnesium, potassium, and vitamins A, C, D and E.*

5 - Understand % Daily Value.

The % Daily Value (DV) tells you the percentage of each nutrient in a single serving, in terms of the daily-recommended amount.

**Source: 2015-2020 Dietary Guidelines for Americans*

Modified from this source:

<http://www.heart.org/en/healthy-living/healthy-eating/eat-smart/nutrition-basics/understanding-food-nutrition-labels>



Nutrition Facts	
6, 12, 18 or 24 servings per container	
Serving size	1 egg (50g)
Amount Per Serving	
Calories	60
% Daily Value*	
Total Fat 4g	5%
Saturated Fat 1g	6%
Trans Fat 0g	
Polyunsaturated Fat 1g	
Monounsaturated Fat 2g	
Cholesterol 170mg	57%
Sodium 65mg	3%
Total Carbohydrate 0g	0%
Dietary Fiber 0g	0%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 6g	13%
Vitamin D 6mcg	30%
Calcium 28mg	2%
Iron 1mg	6%
Potassium 69mg	2%
Vitamin E 5mg	35%
Riboflavin 0.3mg	25%
Folate 45mcg	10%
Vitamin B12 1mcg	40%
Biotin 10mcg	35%
Pantothenic Acid 1mg	20%
Iodine 60mcg	40%
Zinc 1mg	10%
Selenium 22mcg	40%
Molybdenum 8mcg	20%
Choline 147mg	25%
*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	
Saturated Fat 25% less than ordinary eggs: 1g vs 1.5g (quantities rounded)	