### March 2020

**REGULAR MENU**

<table>
<thead>
<tr>
<th>Sunday</th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
<th>Saturday</th>
</tr>
</thead>
</table>
| 1. Chicken Drumstick  
Baby Carrots*  
Peas  
Wheat Roll  
Seasonal Fresh Fruit+ | 2. 4-Cheese Ziti  
Lima Beans  
Broccoli+  
Fruit Cup+ | 3. Chicken Pot Pie w/  
Biscuit Topping  
Peas & Carrots*  
Stewed Apples  
Spinach Salad** | 4. Fruit & Cottage Cheese  
Salad+  
Three Bean Salad  
Chilled Beets  
7-Bean Soup  
Wheat Crackers | 5. Chili Con Carne  
Brown Rice  
Capri Vegetables*  
Seasonal Fresh Fruit+  
Brownie | 6. Teriyaki Chicken  
Chow Mein Noodles  
Steamed Cabbage+  
Mixed Vegetables*  
Fresh Banana | 7. Pasta, Beef &  
Tomato Casserole  
Cauliflower+  
Carrot Coins*  
Seasonal Fresh Fruit |
| 8. Turkey Sausage  
Pancakes  
Breakfast Potatoes  
Cinnamon Applesauce  
Fruit Juice w/ Vit C+ | 9. Frittata  
Veggie Blend+*  
Brown Rice  
Seasonal Fresh Fruit | 10. BBQ Chicken  
Grilled Potatoes &  
Peppers*  
Sweet Corn  
Seasonal Fresh Fruit  
Cornbread<> | 11. Tuna Salad on Greens  
Carrot Raisin Salad*  
Pineapple Tidbits+  
Creamy Tomato Soup  
Wheat Roll | 12. Rosemary Pork Chop  
Brussels Sprouts  
Orzo  
Tender Greens  
w/Fresh Fruit Salad+ | 13. Chicken Fajita  
Mixed Vegetables*  
Broccoli+  
Seasonal Fresh Fruit  
Wheat Tortilla | 14. Beef Stroganoff  
Egg Noodles  
Green Peas  
Baby Carrots*  
Seasonal Fresh Fruit+ |
| 15. Chicken Patty  
Roasted Potatoes  
Corn  
Wheat Bun  
Seasonal Fresh Fruit+ | 16. Spinach Lasagna  
Steamed Cabbage+  
Stewed Apples  
Spinach Salad+* | 17. St Patrick’s Day  
Lucky  
Low Sodium Corned Beef  
Steamed Cabbage+  
Parsleyed Red Potatoes  
Fresh Fruit  
Whole Wheat Roll | 18. Chef’s Salad w/Egg,  
Chicken & Cheese  
Coleslaw+  
Fresh Fruit Salad  
Potato & Corn Chowder  
Wheat Crackers | 19. Pot Roast Mashed Potatoes  
Brussels Sprouts+  
Wheat Bread  
Seasonal Fresh Fruit | 20. Herbed Chicken  
Mashed Potatoes  
Brussels Sprouts+  
Wheat Rotini  
Tender Greens  
w/Fresh Fruit Salad+ | 21. Beef Tamales  
Pinto Beans  
Diced Carrots*  
Wheat Tortilla  
Seasonal Fresh Fruit+ |
| 22. Cheese Omelet  
Potatoes O’Brian  
Warm Apricot  
Compote*  
Bran Muffin  
Fruit Juice+ | 23. Cheesy Pasta Bake  
Lima Beans  
Cauliflower w/Red  
Peppers+  
Seasonal Fresh Fruit | 24. Chicken Cordon Bleu  
Green Beans  
Peas & Onions  
Wheat Roll  
Seasonal Fresh Fruit+ | 25. Southwest Chicken  
Salad on Romaine  
Macaroni Salad  
Pineapple Tidbits+  
Lentil & Carrot Soup | 26. Hamburger  
Roasted Potatoes  
Peas & Carrots*  
Wheat Bun  
Tender Greens w/  
Fresh Fruit | 27. Sweet & Sour  
Chicken  
Chow Mein Noodles  
Baby Carrots*  
Green Beans  
Seasonal Fresh Fruit+ | 28. Beef Stew  
Orzo  
Corn  
Wheat Muffin  
Seasonal Fresh Fruit+ |
| 29. Chef’s Choice  
Vegetable 1  
Vegetable 2  
Whole Grain  
Tropical Fruit Cup+ | 30. Spaghetti  
Mushroom Balls  
Brussels Sprouts  
Apple Crisp | 31. Chicken Burrito Bowl w/  
Brown Rice & Black Beans  
Corn w/Red Peppers*  
Broccoli+  
Seasonal Fresh Fruit | High Vitamin C+  
High Vitamin A*  
High Sodium<> (>1000) | ~MENU ITEMS ARE SUBJECT TO CHANGE~ | Weekend meals are ordered a week in advance and delivered FROZEN on Thursdays and Fridays along with your chilled meal. |

**STORAGE:**  
*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.*  
*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**
# March 2020

<table>
<thead>
<tr>
<th>Sunday</th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
<th>Saturday</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
<td>5</td>
<td>6</td>
<td>7</td>
</tr>
<tr>
<td>Cheese Omelet Potatoes O’Brien&lt;br&gt;Warm Apricot Compote*&lt;br&gt;Bran Muffin&lt;br&gt;Fruit Juice+</td>
<td>4-Cheese Ziti&lt;br&gt;Lima Beans&lt;br&gt;Broccoli+&lt;br&gt;Fruit Cup+</td>
<td>Vegetable Cutlet&lt;br&gt;Peas &amp; Carrots&lt;br&gt;<em>Stewed Apples&lt;br&gt;Spinach Salad+</em>&lt;br&gt;Wheat Bread</td>
<td>Fruit &amp; Cottage Cheese&lt;br&gt;Salad+&lt;br&gt;Three Bean Salad&lt;br&gt;Chilled Beets&lt;br&gt;7-Bean Soup&lt;br&gt;Wheat Crackers</td>
<td>Garden Chili&lt;br&gt;Brown Rice&lt;br&gt;Capri Vegetables*&lt;br&gt;Seasonal Fresh Fruit+&lt;br&gt;Steamed Cabbage+&lt;br&gt;Fresh Banana</td>
<td>Teriyaki Tofu&lt;br&gt;Chow Mein Noodles&lt;br&gt;Mixed Vegetables*&lt;br&gt;Wheat Tortilla</td>
<td>Pasta, Primavera&lt;br&gt;Cauliflower+&lt;br&gt;Carrots Coins*&lt;br&gt;Seasonal Fresh Fruit</td>
</tr>
<tr>
<td>Veggie Sausage&lt;br&gt;Pancakes&lt;br&gt;Breakfast Potatoes&lt;br&gt;Cinnamon Applesauce&lt;br&gt;Fruit Juice with Vit C+</td>
<td>Frittata&lt;br&gt;Veggie Blend+&lt;br&gt;Brown Rice&lt;br&gt;Seasonal Fresh Fruit</td>
<td>Baked BBQ Beans&lt;br&gt;Grilled Potatoes&lt;br&gt;&amp; Peppers&lt;br&gt;Sweet Corn&lt;br&gt;Seasonal Fresh Fruit&lt;br&gt;Cornbread&lt;=</td>
<td>Tu-No Salad on Greens&lt;br&gt;Carrot Raisin Salad*&lt;br&gt;Pineapple Tidbits+&lt;br&gt;Creamy Tomato Soup&lt;br&gt;Wheat Roll</td>
<td>Squash Casserole&lt;br&gt;Brussels Sprouts+&lt;br&gt;Orzo&lt;br&gt;Tender Greens w/Fresh Fruit Salad+</td>
<td>Veggie Fajita w/Pinto Beans&lt;br&gt;Mixed Vegetables&lt;br&gt;*Broccoli+&lt;br&gt;Seasonal Fresh Fruit&lt;br&gt;Wheat Tortilla</td>
<td>Mushroom Stroganoff&lt;br&gt;Green Noodles&lt;br&gt;Green Peas&lt;br&gt;Baby Carrots*&lt;br&gt;Seasonal Fresh Fruit+</td>
</tr>
<tr>
<td>Veggie Sausage&lt;br&gt;French Toast&lt;br&gt;Breakfast Potatoes&lt;br&gt;Applesauce&lt;br&gt;Fruit Juice w/C+</td>
<td>Spinach Lasagna&lt;br&gt;Steamed Cabbage+&lt;br&gt;Stewed Apples&lt;br&gt;Spinach Salad+*</td>
<td>St Patrick’s Day&lt;br&gt;Spicy Bean Cakes w/Fruit Salsa&lt;br&gt;Herbed Orzo&lt;br&gt;Broccoli+&lt;br&gt;Corn w/Red Peppers&lt;br&gt;Seasonal Fresh Fruit</td>
<td>Chef’s Salad: Romaine Egg, Cheese&lt;br&gt;Coleslaw+&lt;br&gt;Fresh Fruit Salad&lt;br&gt;Potato &amp; Corn Chowder&lt;br&gt;Wheat Crackers</td>
<td>Polenta w/Black Beans&lt;br&gt;Roasted Potatoes&lt;br&gt;Brussels Sprouts+&lt;br&gt;Wheat Bread&lt;br&gt;Fresh Fruit</td>
<td>Lemony Chickpea&lt;br&gt;Casserole*&lt;br&gt;California Blend Vegetables*+&lt;br&gt;Tender Greens with Fresh Fruit+</td>
<td>Cheese Tamales&lt;br&gt;Pinto Beans&lt;br&gt;Diced Carrots*&lt;br&gt;Wheat Tortilla&lt;br&gt;Seasonal Fresh Fruit+</td>
</tr>
<tr>
<td>8</td>
<td>9</td>
<td>10</td>
<td>11</td>
<td>12</td>
<td>13</td>
<td>14</td>
</tr>
<tr>
<td>Veggie Sausage&lt;br&gt;Pancakes&lt;br&gt;Breakfast Potatoes&lt;br&gt;Cinnamon Applesauce&lt;br&gt;Fruit Juice with Vit C+</td>
<td>Frittata&lt;br&gt;Veggie Blend+&lt;br&gt;Brown Rice&lt;br&gt;Seasonal Fresh Fruit</td>
<td>Baked BBQ Beans&lt;br&gt;Grilled Potatoes&lt;br&gt;&amp; Peppers&lt;br&gt;Sweet Corn&lt;br&gt;Seasonal Fresh Fruit&lt;br&gt;Cornbread&lt;=</td>
<td>Tu-No Salad on Greens&lt;br&gt;Carrot Raisin Salad*&lt;br&gt;Pineapple Tidbits+&lt;br&gt;Creamy Tomato Soup&lt;br&gt;Wheat Roll</td>
<td>Squash Casserole&lt;br&gt;Brussels Sprouts+&lt;br&gt;Orzo&lt;br&gt;Tender Greens w/Fresh Fruit Salad+</td>
<td>Veggie Fajita w/Pinto Beans&lt;br&gt;Mixed Vegetables&lt;br&gt;*Broccoli+&lt;br&gt;Seasonal Fresh Fruit&lt;br&gt;Wheat Tortilla</td>
<td>Mushroom Stroganoff&lt;br&gt;Green Noodles&lt;br&gt;Green Peas&lt;br&gt;Baby Carrots*&lt;br&gt;Seasonal Fresh Fruit+</td>
</tr>
<tr>
<td>Spinach Lasagna&lt;br&gt;Steamed Cabbage+&lt;br&gt;Stewed Apples&lt;br&gt;Spinach Salad+*</td>
<td>St Patrick’s Day&lt;br&gt;Spicy Bean Cakes w/Fruit Salsa&lt;br&gt;Herbed Orzo&lt;br&gt;Broccoli+&lt;br&gt;Corn w/Red Peppers&lt;br&gt;Seasonal Fresh Fruit</td>
<td>St Patrick’s Day&lt;br&gt;Spicy Bean Cakes w/Fruit Salsa&lt;br&gt;Herbed Orzo&lt;br&gt;Broccoli+&lt;br&gt;Corn w/Red Peppers&lt;br&gt;Seasonal Fresh Fruit</td>
<td>Chef’s Salad: Romaine Egg, Cheese&lt;br&gt;Coleslaw+&lt;br&gt;Fresh Fruit Salad&lt;br&gt;Potato &amp; Corn Chowder&lt;br&gt;Wheat Crackers</td>
<td>Polenta w/Black Beans&lt;br&gt;Roasted Potatoes&lt;br&gt;Brussels Sprouts+&lt;br&gt;Wheat Bread&lt;br&gt;Fresh Fruit</td>
<td>Lemony Chickpea&lt;br&gt;Casserole*&lt;br&gt;California Blend Vegetables*+&lt;br&gt;Tender Greens with Fresh Fruit+</td>
<td>Cheese Tamales&lt;br&gt;Pinto Beans&lt;br&gt;Diced Carrots*&lt;br&gt;Wheat Tortilla&lt;br&gt;Seasonal Fresh Fruit+</td>
</tr>
<tr>
<td>22</td>
<td>23</td>
<td>24</td>
<td>25</td>
<td>26</td>
<td>27</td>
<td>28</td>
</tr>
<tr>
<td>Cheese Omelet&lt;br&gt;Potatoes O’Brien&lt;br&gt;Warm Apricot Compote*&lt;br&gt;Bran Muffin&lt;br&gt;Fruit Juice+</td>
<td>Cheesy Pasta Bake&lt;br&gt;Lima Beans&lt;br&gt;Cauliflower w/Red Peppers+&lt;br&gt;Seasonal Fresh Fruit</td>
<td>Chickpea Nuggets&lt;br&gt;Green Beans&lt;br&gt;Peas and Onions&lt;br&gt;Wheat Roll&lt;br&gt;Seasonal Fresh Fruit+</td>
<td>Southwest Black Bean&lt;br&gt;Salad on Romaine&lt;br&gt;Macaroni Salad&lt;br&gt;Pineapple Tidbits&lt;br&gt;+Lentil &amp; Carrot Soup</td>
<td>Veggie Burger&lt;br&gt;Roasted Potatoes&lt;br&gt;Peas &amp; Carrots*&lt;br&gt;Wheat Bun&lt;br&gt;Tender Greens w/Fresh Fruit Salad+</td>
<td>Sweet &amp; Sour Tofu&lt;br&gt;Chow Mein Noodles&lt;br&gt;Baby Carrots*&lt;br&gt;Green Beans&lt;br&gt;Seasonal Fresh Fruit+</td>
<td>Hearty Vegetable&lt;br&gt;Bean Stew&lt;br&gt;Orzo&lt;br&gt;Corn&lt;br&gt;Wheat Muffin&lt;br&gt;Seasonal Fresh Fruit+</td>
</tr>
<tr>
<td>Spinach Lasagna&lt;br&gt;Steamed Cabbage+&lt;br&gt;Stewed Apples&lt;br&gt;Spinach Salad+*</td>
<td>St Patrick’s Day&lt;br&gt;Spicy Bean Cakes w/Fruit Salsa&lt;br&gt;Herbed Orzo&lt;br&gt;Broccoli+&lt;br&gt;Corn w/Red Peppers&lt;br&gt;Seasonal Fresh Fruit</td>
<td>St Patrick’s Day&lt;br&gt;Spicy Bean Cakes w/Fruit Salsa&lt;br&gt;Herbed Orzo&lt;br&gt;Broccoli+&lt;br&gt;Corn w/Red Peppers&lt;br&gt;Seasonal Fresh Fruit</td>
<td>Chef’s Salad: Romaine Egg, Cheese&lt;br&gt;Coleslaw+&lt;br&gt;Fresh Fruit Salad&lt;br&gt;Potato &amp; Corn Chowder&lt;br&gt;Wheat Crackers</td>
<td>Polenta w/Black Beans&lt;br&gt;Roasted Potatoes&lt;br&gt;Brussels Sprouts+&lt;br&gt;Wheat Bread&lt;br&gt;Fresh Fruit</td>
<td>Lemony Chickpea&lt;br&gt;Casserole*&lt;br&gt;California Blend Vegetables*+&lt;br&gt;Tender Greens with Fresh Fruit+</td>
<td>Cheese Tamales&lt;br&gt;Pinto Beans&lt;br&gt;Diced Carrots*&lt;br&gt;Wheat Tortilla&lt;br&gt;Seasonal Fresh Fruit+</td>
</tr>
<tr>
<td>29</td>
<td>30</td>
<td>31</td>
<td>32</td>
<td>33</td>
<td>34</td>
<td>35</td>
</tr>
<tr>
<td>Chef’s Choice&lt;br&gt;Vegetable 1&lt;br&gt;Vegetable 2&lt;br&gt;Whole Grain&lt;br&gt;Tropical Fruit Cup+</td>
<td>Spaghetti&lt;br&gt;w/Mushroom Balls&lt;br&gt;Brussels Sprouts&lt;br&gt;Apple Crisp</td>
<td>Black Beans, Brown Rice, Burrito Bowl&lt;br&gt;Corn w/Red Peppers*&lt;br&gt;Broccoli+&lt;br&gt;Seasonal Fresh Fruit</td>
<td>High Vitamin C+&lt;br&gt;High Vitamin A*&lt;br&gt;High Sodium&lt;&gt; (&lt;1000)</td>
<td><del>MENU ITEMS ARE SUBJECT TO CHANGE</del></td>
<td>Weekend meals are ordered a week in advanced and delivered FROZEN on Thursdays and Fridays along with your chilled meal.</td>
<td><del>MENU ITEMS ARE SUBJECT TO CHANGE</del></td>
</tr>
</tbody>
</table>

**STORAGE:**<br>*Cold meals - may be stored in fridge for up to 1-2 days<br>*Frozen meals - may be stored in a freezer for up to 2 weeks.<br>*OVEN: Pre-heat to 350. Remove plastic film. Place on pan for 20-25 mins.
**March 2020**

<table>
<thead>
<tr>
<th>Sunday</th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
<th>Saturday</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Western Omelet</td>
<td>Potato Roast</td>
<td>Chicken Enchilada</td>
<td>Meatloaf</td>
<td>Turkey</td>
<td>Turkey Sausage</td>
</tr>
<tr>
<td></td>
<td>Pears</td>
<td>Green Beans &amp; Carrots</td>
<td>Corn</td>
<td>Butternut Squash</td>
<td>Bread Stuffing</td>
<td>Waffles</td>
</tr>
<tr>
<td></td>
<td>Mashed Potatoes</td>
<td>Pureed Brown Rice</td>
<td>Broccoli</td>
<td>Peach Cobbler</td>
<td>Cranberries</td>
<td>Mixed Berries</td>
</tr>
<tr>
<td></td>
<td>Fruit Juice w/C+</td>
<td>Fruit Juice w/C+</td>
<td>Applesauce</td>
<td>Pureed Soup</td>
<td>Mashed Potatoes</td>
<td>Mashed Potatoes</td>
</tr>
<tr>
<td>8</td>
<td>Scrambled Eggs</td>
<td>Pork Roast</td>
<td>Chicken &amp; Dumplings</td>
<td>Seafood Casserole</td>
<td>Chicken Pot Pie</td>
<td>Turkey Sausage</td>
</tr>
<tr>
<td></td>
<td>French Toast</td>
<td>Sweet Potatoes</td>
<td>Peas</td>
<td>Broccoli</td>
<td>Green Beans</td>
<td>Waffles</td>
</tr>
<tr>
<td></td>
<td>Pears</td>
<td>Baked Apples</td>
<td>Rutabaga</td>
<td>Cherry Cobbler</td>
<td>Mixed Berries</td>
<td>Scrambled Eggs</td>
</tr>
<tr>
<td></td>
<td>Mashed Potatoes</td>
<td>Pureed Brown Rice</td>
<td>Fruit Juice w/C+</td>
<td>Pureed Soup</td>
<td>Mashed Potatoes</td>
<td>Pancakes</td>
</tr>
<tr>
<td></td>
<td>Fruit Juice w/C+</td>
<td>Pureed Soup</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>15</td>
<td>Western Omelet</td>
<td>Pot Roast</td>
<td>Chicken Enchilada</td>
<td>Meatloaf</td>
<td>Turkey</td>
<td>Turkey Sausage</td>
</tr>
<tr>
<td></td>
<td>Pears</td>
<td>Green Beans &amp; Carrots</td>
<td>Corn</td>
<td>Butternut Squash</td>
<td>Bread Stuffing</td>
<td>Waffles</td>
</tr>
<tr>
<td></td>
<td>Mashed Potatoes</td>
<td>Pureed Brown Rice</td>
<td>Broccoli</td>
<td>Peach Cobbler</td>
<td>Cranberries</td>
<td>Mixed Berries</td>
</tr>
<tr>
<td></td>
<td>Fruit Juice w/C+</td>
<td>Fruit Juice w/C+</td>
<td>Applesauce</td>
<td>Pureed Soup</td>
<td>Mashed Potatoes</td>
<td></td>
</tr>
<tr>
<td>22</td>
<td>Scrambled Eggs</td>
<td>Pork Roast</td>
<td>Chicken &amp; Dumplings</td>
<td>Seafood Casserole</td>
<td>Chicken Pot Pie</td>
<td>Turkey Sausage</td>
</tr>
<tr>
<td></td>
<td>French Toast</td>
<td>Sweet Potatoes</td>
<td>Peas</td>
<td>Broccoli</td>
<td>Green Beans</td>
<td>Waffles</td>
</tr>
<tr>
<td></td>
<td>Pears</td>
<td>Baked Apples</td>
<td>Rutabaga</td>
<td>Cherry Cobbler</td>
<td>Mixed Berries</td>
<td>Scrambled Eggs</td>
</tr>
<tr>
<td></td>
<td>Mashed Potatoes</td>
<td>Pureed Brown Rice</td>
<td>Fruit Juice w/C+</td>
<td>Pureed Soup</td>
<td>Mashed Potatoes</td>
<td>Pancakes</td>
</tr>
<tr>
<td></td>
<td>Fruit Juice w/C+</td>
<td>Pureed Soup</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>29</td>
<td>Scrambled Eggs</td>
<td>Pot Roast</td>
<td>Chicken Enchilada</td>
<td>High Vitamin C+</td>
<td>Weekend meals are</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Western Omelet</td>
<td>Green Beans &amp; Carrots</td>
<td>Corn</td>
<td>High Vitamin A*</td>
<td>ordered a week in</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Pears</td>
<td>Pureed Brown Rice</td>
<td>Broccoli</td>
<td>High Sodium&lt;&gt; (&gt;1000)</td>
<td>advanced and delivered</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Mashed Potatoes</td>
<td>Fruit Juice w/C+</td>
<td>Applesauce</td>
<td></td>
<td>FROZEN on Thursdays and</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Fruit Juice w/C+</td>
<td></td>
<td></td>
<td></td>
<td>Fridays along with your</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>chilled meal.</td>
<td></td>
</tr>
</tbody>
</table>

**STORAGE:**
*Cold meals - may be stored in fridge for up to 1-2 days*

**STORAGE:**
*Frozen meals - may be stored in a freezer for up to 2 weeks.*

**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.
### LIFE Meals on Wheels

**March 2020**

LIFE Meals on Wheels thanks the following organizations for their financial support: Alameda County Area Agency on Aging

**1** Chicken Drumstick  
Baby Carrots*  
Peas  
Roll  
Seasonal Fresh Fruit+

**2** Meat Loaf  
Carrots*  
White Rice  
Romaine & Cucumber  
Fruit Cocktail

**3** Chicken w/Vegetables  
Carrots  
White Rice  
Fruit Cocktail

**4** Chicken Noodle Soup  
(Low Sodium)  
Vegetarian Chili

**5** Turkey  
Carrots & Peas*  
Rotini Pasta  
Romaine & Cucumber  
Peaches

**6** Pot Roast  
Rotini Pasta  
Green Beans  
Cole Slaw  
Pears

**7** Pasta, Beef & Tomato  
Casserole  
Cauliflower+  
Carrot Coins*  
Seasonal Fresh Fruit

**8** Turkey Sausage  
Pancakes  
Breakfast Potatoes  
Cinnamon Applesauce  
Fruit Juice with Vit C+

**9** Meat Loaf  
Carrots*  
White Rice  
Romaine & Cucumber  
Fruit Cocktail

**10** Chicken w/Vegetables  
Carrots  
White Rice  
Fruit Cocktail

**11** Chicken Noodle Soup  
(Low Sodium)  
Vegetarian Chili

**12** Turkey  
Carrots & Peas*  
Rotini Pasta  
Romaine & Cucumber  
Peaches

**13** Pot Roast  
Rotini Pasta  
Green Beans  
Cole Slaw  
Pears

**14** Beef Stroganoff  
Egg Noodles  
Green Peas  
Baby Carrots*  
Seasonal Fresh Fruit+

**15** Chicken Patty  
Roasted Potatoes  
Corn  
Bun  
Seasonal Fresh Fruit+

**16** Meat Loaf  
Carrots*  
White Rice  
Romaine & Cucumber  
Fruit Cocktail

**17** Chicken w/Vegetables  
Carrots  
White Rice  
Fruit Cocktail

**18** Chicken Noodle Soup  
(Low Sodium)  
Vegetarian Chili

**19** Turkey  
Carrots & Peas*  
Rotini Pasta  
Romaine & Cucumber  
Peaches

**20** Pot Roast  
Rotini Pasta  
Green Beans  
Cole Slaw  
Pears

**21** Beef Tamales  
Pinto Beans  
Diced Carrots*  
Tortilla  
Seasonal Fresh Fruit+

**22** Cheese Omelet  
Potatoes O’Brien  
Warm Apricot Compote*  
Muffin  
Fruit Juice+

**23** Meat Loaf  
Carrots*  
White Rice  
Romaine & Cucumber  
Fruit Cocktail

**24** Chicken w/Vegetables  
Carrots  
White Rice  
Fruit Cocktail

**25** Chicken Noodle Soup  
(Low Sodium)  
Vegetarian Chili

**26** Turkey  
Carrots & Peas*  
Rotini Pasta  
Romaine & Cucumber  
Peaches

**27** Pot Roast  
Rotini Pasta  
Green Beans  
Cole Slaw  
Pears

**28** Beef Stew  
Orzo  
Corn  
Muffin  
Seasonal Fresh Fruit+

**29** Chef’s Choice  
Vegetable 1  
Vegetable 2  
Grain  
Tropical Fruit Cup+

**30** Meat Loaf  
Carrots*  
White Rice  
Romaine & Cucumber  
Fruit Cocktail

**31** Chicken w/Vegetables  
Carrots  
White Rice  
Fruit Cocktail

---

**STORAGE:**  
*Cold meals - may be stored in fridge for up to 1-2 days

**STORAGE:**  
*Frozen meals - may be stored in a freezer for up to 2 weeks.

**OVEN:**  
Pre-heat to 350.  
Remove plastic film.  
Place on pan for 20-25 mins

~MENU ITEMS ARE SUBJECT TO CHANGE~

Weekend meals are ordered a week in 
advanced and delivered FROZEN on 
Thursdays and Fridays along with your chilled meal.

---

LIFE Meals on Wheels thanks the following organizations for their financial support: Alameda County Area Agency on Aging