



# March 2020



## REGULAR MENU

### 510-894-0370

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 <b>Chicken Drumstick</b> <b>Baby Carrots*</b> <b>Peas</b> Wheat Roll Seasonal Fresh Fruit+	2 <b>4-Cheese Ziti</b> <b>Lima Beans</b> <b>Broccoli+</b> Fruit Cup+	3 <b>Chicken Pot Pie w/</b> <b>Biscuit Topping</b> <b>Peas &amp; Carrots*</b> <b>Stewed Apples</b> Spinach Salad+*	4 <b>Fruit &amp; Cottage Cheese</b> <b>Salad+</b> <b>Three Bean Salad</b> <b>Chilled Beets</b> 7-Bean Soup Wheat Crackers	5 <b>Chili Con Carne</b> <b>Brown Rice</b> <b>Capri Vegetables*</b> Seasonal Fresh Fruit+ Brownie	6 <b>Teriyaki Chicken</b> <b>Chow Mein Noodles</b> <b>Steamed Cabbage+</b> <b>Mixed Vegetables*</b> Fresh Banana	7 <b>Pasta, Beef &amp;</b> <b>Tomato</b> <b>Casserole</b> <b>Cauliflower+</b> <b>Carrot Coins*</b> Seasonal Fresh Fruit
8 <b>Turkey Sausage</b> <b>Pancakes</b> <b>Breakfast Potatoes</b> <b>Cinnamon Applesauce</b> Fruit Juice w/ Vit C+	9 <b>Frittata</b> <b>Veggie Blend+*</b> <b>Brown Rice</b> Seasonal Fresh Fruit	10 <b>BBQ Chicken</b> <b>Grilled Potatoes &amp;</b> <b>Peppers*</b> <b>Sweet Corn</b> Seasonal Fresh Fruit Cornbread<>	11 <b>Tuna Salad on Greens</b> <b>Carrot Raisin Salad*</b> <b>Pineapple Tidbits+</b> Creamy Tomato Soup Wheat Roll	12 <b>Rosemary Pork Chop</b> <b>Brussels Sprouts</b> <b>Orzo</b> Tender Greens w/Fresh Fruit Salad+	13 <b>Chicken Fajita</b> <b>Mixed Vegetables*</b> <b>Broccoli+</b> Seasonal Fresh Fruit Wheat Tortilla	14 <b>Beef Stroganoff</b> <b>Egg Noodles</b> <b>Green Peas</b> <b>Baby Carrots*</b> Seasonal Fresh Fruit+
15 <b>Chicken Patty</b> <b>Roasted Potatoes</b> <b>Corn</b> Wheat Bun Seasonal Fresh Fruit+	16 <b>Spinach Lasagna</b> <b>Steamed Cabbage+</b> <b>Stewed Apples</b> Spinach Salad+*	17 <b>St Patrick's Day</b> <b>Low Sodium Corned Beef</b> <b>Steamed Cabbage+</b> <b>Parslied Red Potatoes</b> Fresh Fruit Whole Wheat Roll	18 <b>Chef's Salad w/Egg,</b> <b>Chicken &amp; Cheese</b> <b>Coleslaw+</b> <b>Fresh Fruit Salad</b> Potato & Corn Chowder Wheat Crackers	19 <b>Pot Roast</b> <b>Mashed Potatoes</b> <b>Brussels Sprouts+</b> Wheat Bread Seasonal Fresh Fruit	20 <b>Herbed Chicken</b> <b>Veggie Blend+*</b> <b>Wheat Rotini</b> Tender Greens w/Fresh Fruit Salad+	21 <b>Beef Tamales</b> <b>Pinto Beans</b> <b>Diced Carrots*</b> Wheat Tortilla Seasonal Fresh Fruit+
22 <b>Cheese Omelet</b> <b>Potatoes O'Brien</b> <b>Warm Apricot</b> <b>Compote*</b> Bran Muffin Fruit Juice+	23 <b>Cheesy Pasta Bake</b> <b>Lima Beans</b> <b>Cauliflower w/Red</b> <b>Peppers+</b> Seasonal Fresh Fruit	24 <b>Chicken Cordon Bleu</b> <b>Green Beans</b> <b>Peas &amp; Onions</b> Wheat Roll Seasonal Fresh Fruit+	25 <b>Southwest Chicken</b> <b>Salad on Romaine</b> <b>Macaroni Salad</b> <b>Pineapple Tidbits+</b> Lentil & Carrot Soup	26 <b>Hamburger</b> <b>Roasted Potatoes</b> <b>Peas &amp; Carrots*</b> Wheat Bun Tender Greens w/ Fresh Fruit	27 <b>Sweet &amp; Sour</b> <b>Chicken</b> <b>Chow Mein Noodles</b> <b>Baby Carrots*</b> <b>Green Beans</b> Seasonal Fresh Fruit+	28 <b>Beef Stew</b> <b>Orzo</b> <b>Corn</b> Wheat Muffin Seasonal Fresh Fruit+
29 <b>Chef's Choice</b> <b>Vegetable 1</b> <b>Vegetable 2</b> Whole Grain Tropical Fruit Cup+	30 <b>Spaghetti</b> <b>w/Mushroom Balls</b> <b>Brussels Sprouts</b> <b>Apple Crisp</b>	31 <b>Chicken Burrito Bowl w/</b> <b>Brown Rice &amp; Black Beans</b> <b>Corn w/Red Peppers*</b> <b>Broccoli+</b> Seasonal Fresh Fruit	<b>High Vitamin C+</b> <b>High Vitamin A*</b> <b>High Sodium&lt;&gt;</b> <b>(&gt;1000)</b>	<b>~MENU ITEMS</b> <b>ARE SUBJECT TO</b> <b>CHANGE~</b>	<b>Weekend meals are</b> <b>ordered a week in</b> <b>advanced and</b> <b>delivered FROZEN on</b> <b>Thursdays and Fridays</b> <b>along with your chilled</b> <b>meal.</b>	
	<b>STORAGE:</b> <b>*Cold meals - may</b> <b>be stored in fridge</b> <b>for up to 1-2 days</b>	<b>STORAGE:</b> <b>*Frozen meals - may be</b> <b>stored in a freezer for up</b> <b>to 2 weeks.</b>	<b>*OVEN:</b> <b>Pre-heat to 350. Remove</b> <b>plastic film. Place on</b> <b>pan for 20-25 mins.</b>			

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



March 2020



VEGETARIAN MENU

510-894-0370

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 <b>Cheese Omelet</b> <b>Potatoes O'Brien</b> <b>Warm Apricot Compote*</b> Bran Muffin Fruit Juice+	2 <b>4-Cheese Ziti</b> <b>Lima Beans</b> <b>Broccoli+</b> Fruit Cup+	3 <b>Vegetable Cutlet</b> <b>Peas &amp; Carrots</b> <b>*Stewed Apples</b> Spinach Salad+* Wheat Bread	4 <b>Fruit &amp; Cottage Cheese Salad+</b> <b>Three Bean Salad</b> <b>Chilled Beets</b> 7-Bean Soup Wheat Crackers	5 <b>Garden Chili</b> <b>Brown Rice</b> <b>Capri Vegetables*</b> Seasonal Fresh Fruit+ Brownie	6 <b>Teriyaki Tofu</b> <b>Chow Mein Noodles</b> <b>Mixed Vegetables*</b> <b>Steamed Cabbage+</b> Fresh Banana	7 <b>Pasta, Primavera</b> <b>Cauliflower+</b> <b>Carrots Coins*</b> Seasonal Fresh Fruit
8 <b>Veggie Sausage</b> <b>Pancakes</b> <b>Breakfast Potatoes</b> <b>Cinnamon Applesauce</b> Fruit Juice with Vit C+	9 <b>Frittata</b> <b>Veggie Blend+*</b> <b>Brown Rice</b> Seasonal Fresh Fruit	10 <b>Baked BBQ Beans</b> <b>Grilled Potatoes &amp; Peppers</b> <b>Sweet Corn</b> Seasonal Fresh Fruit Cornbread<>	11 <b>Tu-No Salad on Greens</b> <b>Carrot Raisin Salad*</b> <b>Pineapple Tidbits+</b> Creamy Tomato Soup Wheat Roll	12 <b>Squash Casserole</b> <b>Brussels Sprouts+</b> <b>Orzo</b> Tender Greens w/Fresh Fruit Salad+	13 <b>Veggie Fajita w/ Pinto Beans</b> <b>Mixed Vegetables *</b> <b>Broccoli+*</b> Seasonal Fresh Fruit Wheat Tortilla	14 <b>Mushroom Stroganoff</b> <b>Egg Noodles</b> <b>Green Peas</b> <b>Baby Carrots*</b> Seasonal Fresh Fruit+
15 <b>Veggie Sausage</b> <b>French Toast</b> <b>Breakfast Potatoes</b> <b>Applesauce</b> Fruit Juice w/C+	16 <b>Spinach Lasagna</b> <b>Steamed Cabbage+</b> <b>Stewed Apples</b> Spinach Salad+*	17 <b>St Patrick's Day</b> <b>Spicy Bean Cakes w/ Fruit Salsa</b> <b>Herbed Orzo</b> <b>Broccoli+</b> <b>Corn w/Red Peppers</b> Seasonal Fresh Fruit	18 <b>Chef's Salad: Romaine</b> <b>Egg, Cheese</b> <b>Coleslaw+</b> <b>Fresh Fruit Salad</b> Potato & Corn Chowder Wheat Crackers	19 <b>Polenta w/Black Beans</b> <b>Roasted Potatoes</b> <b>Brussels Sprouts+</b> Wheat Bread Fresh Fruit	20 <b>Lemony Chickpea Casserole*</b> <b>California Blend Vegetables*+</b> Tender Greens with Fresh Fruit+	21 <b>Cheese Tamales</b> <b>Pinto Beans</b> <b>Diced Carrots*</b> Wheat Tortilla Seasonal Fresh Fruit+
22 <b>Cheese Omelet</b> <b>Potatoes O'Brien</b> <b>Warm Apricot Compote*</b> Bran Muffin Fruit Juice+	23 <b>Cheesy Pasta Bake</b> <b>Lima Beans</b> <b>Cauliflower w/ Red Peppers+</b> Seasonal Fresh Fruit	24 <b>Chickpea Nuggets</b> <b>Green Beans</b> <b>Peas and Onions</b> Wheat Roll Seasonal Fresh Fruit+	25 <b>Southwest Black Bean Salad on Romaine</b> <b>Macaroni Salad</b> <b>Pineapple Tidbits</b> +Lentil & Carrot Soup	26 <b>Veggie Burger</b> <b>Roasted Potatoes</b> <b>Peas &amp; Carrots*</b> Wheat Bun Tender Greens w/Fresh Fruit Salad+	27 <b>Sweet &amp; Sour Tofu</b> <b>Chow Mein Noodles</b> <b>Baby Carrots*</b> <b>Green Beans</b> Seasonal Fresh Fruit+	28 <b>Hearty Vegetable</b> <b>Bean Stew</b> <b>Orzo</b> <b>Corn</b> Wheat Muffin Seasonal Fresh Fruit+
29 <b>Chef's Choice</b> <b>Vegetable 1</b> <b>Vegetable 2</b> Whole Grain Tropical Fruit Cup+	30 <b>Spaghetti w/Mushroom Balls</b> <b>Brussels Sprouts</b> <b>Apple Crisp</b>	31 <b>Black Beans, Brown Rice, Burrito Bowl</b> <b>Corn w/Red Peppers* Broccoli+</b> Seasonal Fresh Fruit	<b>High Vitamin C+</b> <b>High Vitamin A*</b> <b>High Sodium&lt;&gt; (&gt;1000)</b>	<b>~MENU ITEMS ARE SUBJECT TO CHANGE~</b>	<b>Weekend meals are ordered a week in advanced and delivered FROZEN on Thursdays and Fridays along with your chilled meal.</b>	
	<b>STORAGE:</b> <b>*Cold meals - may be stored in fridge for up to 1-2 days</b>	<b>STORAGE:</b> <b>*Frozen meals - may be stored in a freezer for up to 2 weeks.</b>	<b>*OVEN:</b> <b>Pre-heat to 350.</b> <b>Remove plastic film.</b> <b>Place on pan for 20-25 mins.</b>			

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# March 2020



## MS PUREE MENU 510-894-0370

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 Western Omelet Pears Mashed Potatoes Fruit Juice w/C+	2 Pot Roast Green Beans & Carrots Pureed Brown Rice Fruit Juice w/C+	3 Chicken Enchilada Corn Broccoli Applesauce	4 Meatloaf Butternut Squash Peach Cobbler Pureed Soup	5 Turkey Bread Stuffing Cranberries Mashed Potatoes Fruit Juice w/C+	6 Chicken w/Rice Peas Butternut Squash Fruit Juice w/C+	7 Turkey Sausage Waffles Mixed Berries Mashed Potatoes
8 Scrambled Eggs French Toast Pears Mashed Potatoes Fruit Juice w/C+	9 Pork Roast Sweet Potatoes Baked Apples Pureed Brown Rice Pureed Soup	10 Chicken & Dumplings Peas Rutabaga Fruit Juice w/C+	11 Seafood Casserole Broccoli Cherry Cobbler Pureed Soup	12 Chicken Pot Pie Green Beans Mixed Berries Mashed Potatoes	13 BBQ Beef Baked Beans Corn Fruit Juice w/C+ Pureed Soup	14 Turkey Sausage Scrambled Eggs Pancakes Mashed Potatoes Fruit Juice w/C+
15 Western Omelet Pears Mashed Potatoes Fruit Juice w/C+	16 Pot Roast Green Beans & Carrots Pureed Brown Rice Fruit Juice w/C+	17 Chicken Enchilada Corn Broccoli Applesauce	18 Meatloaf Butternut Squash Peach Cobbler Pureed Soup	19 Turkey Bread Stuffing Cranberries Mashed Potatoes Fruit Juice w/C+	20 Chicken w/Rice Peas Butternut Squash Fruit Juice w/C+	21 Turkey Sausage Waffles Mixed Berries Mashed Potatoes
22 Scrambled Eggs French Toast Pears Mashed Potatoes Fruit Juice w/C+	23 Pork Roast Sweet Potatoes Baked Apples Pureed Brown Rice Pureed Soup	24 Chicken & Dumplings Peas Rutabaga Fruit Juice w/C+	25 Seafood Casserole Broccoli Cherry Cobbler Pureed Soup	26 Chicken Pot Pie Green Beans Mixed Berries Mashed Potatoes	27 BBQ Beef Baked Beans Corn Fruit Juice w/C+ Pureed Soup	28 Turkey Sausage Scrambled Eggs Pancakes Mashed Potatoes Fruit Juice w/C+
29 Scrambled Eggs Western Omelet Pears Mashed Potatoes Fruit Juice w/C+	30 Pot Roast Green Beans & Carrots Pureed Brown Rice Fruit Juice w/C+	31 Chicken Enchilada Corn Broccoli Applesauce	<b>High Vitamin C+ High Vitamin A* High Sodium&lt;&gt; (&gt;1000)</b>	<b>~MENU ITEMS ARE SUBJECT TO CHANGE~</b>	<b>Weekend meals are ordered a week in advanced and delivered FROZEN on Thursdays and Fridays along with your chilled meal.</b>	
	<b>STORAGE:</b> <i>*Cold meals - may be stored in fridge for up to 1-2 days</i>	<b>STORAGE:</b> <i>*Frozen meals - may be stored in a freezer for up to 2 weeks.</i>	<b>*OVEN:</b> <i>Pre-heat to 350. Remove plastic film. Place on pan for 20- 25 mins.</i>			

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# March 2020



## RENAL MENU

### 510-894-0370

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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	<b>High Vitamin C+ High Vitamin A* High Sodium&lt;&gt; (&gt;1000)</b>	<b>~MENU ITEMS ARE SUBJECT TO CHANGE~</b>	<b>Weekend meals are ordered a week in advanced and delivered FROZEN on Thursdays and Fridays along with your chilled meal.</b>	
	<b>STORAGE:</b> <i>*Cold meals - may be stored in fridge for up to 1-2 days</i>	<b>STORAGE:</b> <i>*Frozen meals - may be stored in a freezer for up to 2 weeks.</i>	<b>*OVEN:</b> <i>Pre-heat to 350. Remove plastic film. Place on pan for 20-25 mins</i>			

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