



October 2020



REGULAR MENU

510-894-0370

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>High Vitamin C+ High Vitamin A* High Sodium<> (>1000) LS=Low Sodium WW=Whole Wheat</p>	<p><u>STORAGE:</u> *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</p>	<p><i>~MENU ITEMS ARE SUBJECT TO CHANGE~</i></p>	<p>*MICROWAVE: *Cold meals - for 2-3 mins. *Frozen meals - on high for 4- 5 mins *OVEN: Pre-heat to 350. Remove plastic film. Place on pan for 20-25 mins.</p>	<p>1 Turkey Burger Green Beans Fiesta Corn* Wheat Bun Fresh Fruit+</p>	<p>2 Spaghetti w/meat sauce Broccoli+ Peas and Carrots* Fresh Fruit</p>	<p>3 Chicken Jambalaya White Rice Capri Vegetables*+ Cinnamon Apples</p>
<p>4 Turkey Sausage French Toast Breakfast Potatoes Applesauce Fruit Juice w/C+</p>	<p>5 Pasta Primavera+ WW Rotini Yams* Spiced Apples</p>	<p>6 Breaded Catfish Herbed Orzo Broccoli+* Corn & Red Peppers Seasonal Fresh Fruit</p>	<p>7 Tuna Salad on Greens Carrot Raisin Salad* Pineapple Tidbits+ Wheat Roll LS V8+</p>	<p>8 Herb Chicken Italian Vegetables Mashed Potatoes Wheat Roll Fresh Fruit+</p>	<p>9 Beef, Pasta & Tomato Casserole Cauliflower+ Carrot Coins* Fresh Fruit+</p>	<p>10 Pulled Pork Steamed Cabbage+ Mixed Vegetables Whole Wheat Bun Fresh Fruit</p>
<p>11 Cheese Omelet Potatoes O'Brien Warm Apricot Compote* Bran Muffin Fruit Juice+</p>	<p>12 Spinach Lasagna+ Carrots* Warm Apricots Breadstick</p>	<p>13 Beef Stew Mashed Potatoes Spinach Wheat Roll Fresh Fruit+</p>	<p>14 Southwest Chicken Salad on Romaine+ Macaroni Salad Pineapple Tidbits+ LS V8+</p>	<p>15 Turkey Tetrazzini Peas and Carrot* Broccoli+ Fresh Fruit</p>	<p>16 Chili Con Carne Brown Rice Capri Vegetables*+ Corn Muffin Fruit</p>	<p>17 Swedish Meatballs WW Noodles Peas Broccoli+ Fresh Fruit</p>
<p>18 Turkey Sausage Pancakes Breakfast Potatoes Warm Applesauce Fruit Juice w/C+</p>	<p>19 Cheese Enchiladas Pinto Beans Fiesta Corn* Seasonal Fresh Fruit+</p>	<p>20 Creole Baked Fish w/ Rice Pilaf California Vegetable Blend+* Peas and Onions Banana</p>	<p>21 Asian Chicken Salad Noodles & Veggies * Edamame Mandarin Oranges Wheat Crackers LS V8+</p>	<p>22 Chicken Dijon WW Penne Pasta Mixed Vegetables Spinach+ Fresh Fruit</p>	<p>23 Veggie Loaf with Gravy Mashed Potatoes Broccoli+ Carrots* Fresh Fruit</p>	<p>24 Vegetable Chow Mein Bok Choy+ Mixed Vegetables* Seasonal Fresh Fruit</p>
<p>25 Chef's Choice Veg 1 Veg 2 Whole Grain Fruit Cup+</p>	<p>26 Cheesy Pasta Bake Lima Beans Cauliflower with Red Peppers+ Fresh Fruit</p>	<p>27 Sweet and Sour Tofu Vegetables White Rice Cabbage+ Fresh Fruit</p>	<p>28 Lentil Salad, Romaine+ Lemon & Herbs 3-Bean Salad Cherry Tomatoes Wheat Crackers LS V8+</p>	<p>29 Veggie Cacciatore+ Wheat Pasta Green Beans Cauliflower+ Fresh Fruit</p>	<p>30 Cheese Tamales Pinto Beans Mixed Vegetables Seasonal Fresh Fruit+</p>	<p>31 Veggie Patty BOO! Mashed Potatoes Brussels Sprouts+ Wheat Bread Fresh Fruit Halloween Treat</p>

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



October 2020



VEGETARIAN MENU

510-894-0370

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>High Vitamin C+ High Vitamin A* High Sodium<> (>1000) LS=Low Sodium WW=Whole Wheat</p>	<p><u>STORAGE:</u> *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</p>	<p><i>~MENU ITEMS ARE SUBJECT TO CHANGE~</i></p>	<p><u>*MICROWAVE:</u> *Cold meals - for 2-3 mins. *Frozen meals - on high for 4- 5 mins <u>*OVEN:</u> Pre-heat to 350. Remove plastic film. Place on pan for 20-25 mins.</p>	<p>1 Veggie Burger Green Beans Fiesta Corn* Wheat Bun Seasonal Fresh Fruit+</p>	<p>2 Spaghetti with Vegetable Marinara Broccoli+ Peas and Carrots* Fresh Fruit</p>	<p>3 Vegetable Jambalaya White Rice Capri Vegetables*+ Cinnamon Apples</p>
<p>4 Veggie Sausage French Toast Breakfast Potatoes Applesauce Fruit Juice w/C+</p>	<p>5 Pasta Primavera+ WW Rotini Yams* Spiced Apples</p>	<p>6 Breaded Vegetable Patty Herbed Orzo Broccoli+* Corn & Red Peppers Seasonal Fresh Fruit</p>	<p>7 Tu-No Salad on Greens Carrot Raisin Salad* Pineapple Tidbits+ Wheat Roll LS V8+</p>	<p>8 Herb Veggie Chicken Mixed Vegetables Peas Wheat Roll Fresh Fruit+</p>	<p>9 Soy,Pasta,Crumble w/Tomato Casserole Cauliflower+ Carrot Coins* Fresh Fruit+</p>	<p>10 Veggie Burger Steamed Cabbage+ Mixed Vegetables Whole Wheat Bun Seasonal Fresh Fruit</p>
<p>11 Cheese Omelet Potatoes O'Brien Warm Apricot Compote* Bran Muffin Fruit Juice+</p>	<p>12 Spinach Lasagna+ Carrots* Warm Apricots Breadstick</p>	<p>13 Vegetable Bean Stew Mashed Potatoes Spinach Wheat Roll Fresh Fruit+</p>	<p>14 Southwest Black Bean Salad on Romaine+ Macaroni Salad Pineapple Tidbits+ LS V8+</p>	<p>15 Vegetable Tetrazzini Peas and Carrot* Broccoli+ Seasonal Fresh Fruit</p>	<p>16 Vegetarian Chili Brown Rice Capri Vegetables*+ Corn Muffin Seasonal Fruit</p>	<p>17 Swedish Veggie Balls WW Noodles Peas Broccoli+ Fresh Fruit</p>
<p>18 Veggie Sausage Pancakes Breakfast Potatoes Warm Applesauce Fruit Juice w/C+</p>	<p>19 Cheese Enchiladas Pinto Beans Fiesta Corn* Seasonal Fresh Fruit+</p>	<p>20 Creole Tofu w/ Rice Pilaf California Vegetable Blend+* Peas and Onions Banana</p>	<p>21 Asian Tofu Salad Noodles & Veggies * Edamame Mandarin Oranges Wheat Crackers LS V8+</p>	<p>22 Veggie Pattie Dijon WW Penne Pasta Mixed Vegetables Spinach+ Fresh Fruit</p>	<p>23 Veggie Loaf with Gravy Mashed Potatoes Broccoli+ Carrots* Fresh Fruit</p>	<p>24 Vegetable Chow Mein Bok Choy+ Mixed Vegetables* Seasonal Fresh Fruit</p>
<p>25 Chef's Choice Veg 1 Veg 2 Whole Grain Fruit Cup+</p>	<p>26 Cheesy Pasta Bake Lima Beans Cauliflower with Red Peppers+ Seasonal Fresh FruitFruit</p>	<p>27 Sweet and Sour Tofu Vegetables White Rice Cabbage+ Fresh Fruit</p>	<p>28 Lentil Salad, Romaine+ Lemon & Herbs 3-Bean Salad Cherry Tomatoes Wheat Crackers LS V8+</p>	<p>29 Veggie Cacciatore+ Wheat Pasta Green Beans Cauliflower+ Fresh Fruit</p>	<p>30 Cheese Tamales Pinto Beans Mixed Vegetables Seasonal Fresh Fruit+</p>	<p>31 Veggie Patty Mashed Potatoes Brussels Sprouts+ Wheat Bread Fresh Fruit Halloween Treat</p>

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



October 2020



RENAL MENU

510-894-0370

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
KEY + = High Vit C * = High Vit A <> = High Sodium (>1000) LS = Low Sodium WW= Whole Wheat	STORAGE: <i>*Cold meals - may be stored in fridge for up to 1-2 days</i> <i>*Frozen meals - may be stored in a freezer for up to 2 weeks</i>	~MENU ITEMS ARE SUBJECT TO CHANGE~	*MICROWAVE: <i>*Cold meals - for 2-3 mins.</i> <i>*Frozen meals - on high for 4- 5 mins</i> *OVEN: Pre-heat to 350 . Remove plastic film. Place on pan for 20-25 mins.	1 Turkey Carrots & Peas* Rotini Pasta Romaine & Cucumber Peaches	2 Pot Roast Rotini Pasta Green Beans Cole Slaw Pears	3 Chicken Jambalaya White Rice Capri Vegetables+ Cinnamon Apples
4 Veggie Sausage French Toast Breakfast Potatoes Applesauce Fruit Juice w/C+	5 Meat Loaf Carrots* White Rice Romaine & Cucumber Fruit Cocktail	6 Chicken w/Vegetables Carrots White Rice Fruit Cocktail	7 Chicken Noodle Soup (Low Sodium) Vegetarian Chili	8 Turkey Carrots & Peas* Rotini Pasta Romaine & Cucumber Peaches	9 Pot Roast Rotini Pasta Green Beans Cole Slaw Pears	10 Pulled Pork <> Steamed Cabbage+ Mixed Vegetables* Whole Wheat Bun Seasonal Fresh Fruit
11 Cheese Omelet Potatoes O'Brien Warm Apricot Compote* Bran Muffin Fruit Juice+	12 Meat Loaf Carrots* White Rice Romaine & Cucumber Fruit Cocktail	13 Chicken w/Vegetables Carrots White Rice Fruit Cocktail	14 Chicken Noodle Soup (Low Sodium) Vegetarian Chili	15 Turkey Carrots & Peas* Rotini Pasta Romaine & Cucumber Peaches	16 Pot Roast Rotini Pasta Green Beans Cole Slaw Pears	17 Swedish Meatballs WW Noodles Peas Broccoli+ Fresh Fruit
18 Veggie Sausage Pancakes Breakfast Potatoes Warm Applesauce Fruit Juice w/C+	19 Meat Loaf Carrots* White Rice Romaine & Cucumber Fruit Cocktail	20 Chicken w/Vegetables Carrots White Rice Fruit Cocktail	21 Chicken Noodle Soup (Low Sodium) Vegetarian Chili	22 Turkey Carrots & Peas* Rotini Pasta Romaine & Cucumber Peaches	23 Pot Roast Rotini Pasta Green Beans Cole Slaw Pears	24 Beef Chow Mein Bok Choy+ Mixed Vegetables* Seasonal Fresh Fruit
25 Chef's Choice Vegetable 1 Vegetable 2 Whole Grain Fruit Cup+	26 Meat Loaf Carrots* White Rice Romaine & Cucumber Fruit Cocktail	27 Chicken w/Vegetables Carrots White Rice Fruit Cocktail	28 Chicken Noodle Soup (Low Sodium) Vegetarian Chili	29 Turkey Carrots & Peas* Rotini Pasta Romaine & Cucumber Peaches	30 Pot Roast Rotini Pasta Green Beans Cole Slaw Pears	31 Salisbury Steak Mashed Potatoes Brussels Sprouts+ Fresh Fruit Wheat Bread Halloween Treat

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



October 2020



MS PUREE
510-894-0370

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

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