



SEPTEMBER 2020



REGULAR MENU

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><i>~MENU ITEMS ARE SUBJECT TO CHANGE~</i></p>	<p>1 Chicken, Brown Rice & Black Bean Burrito Bowl Sweet Corn w/ Peppers* Broccoli+ Seasonal Fresh Fruit</p>	<p>2 Asian Beef Salad w/ Noodles & Veg* Edamame Mandarin Oranges+ Wheat Crackers LS V8+</p>	<p>3 Chicken Cordon Bleu Over Rice Pilaf Spinach* Peas and Onions Seasonal Fresh Fruit+</p>	<p>4 Chicken Cacciatore+ Over Wheat Pasta Green Beans Cauliflower+ Fresh Fruit</p>	<p>5 Patty Melt with Caramelized Onions & Cheese Broccoli+, Carrots* Sourdough Fresh Fruit</p>
<p>6 Cheesy Pasta Bake Lima Beans Cauliflower w/Peppers+ Seasonal Fresh Fruit</p>	<p>7 Labor Day Pollock w/ Coconut Curry Rice (Trio Meal) Mixed Vegetables+ Broccoli+ WW Bread, Banana Office Closed. Meal Delivered 8/31</p>	<p>8 Spinach Lasagna Carrots* Spiced Peaches Breadstick</p>	<p>9 Chicken Ranch Salad on Romaine+ 3-Bean Salad Seasonal Fresh Fruit Wheat Crackers LS V8+</p>	<p>10 Teriyaki Chicken Chow Mein Noodles Steamed Cabbage and Carrots* Edamame Fresh Banana</p>	<p>11 Swedish Meatballs Over WW Noodles Peas Broccoli+ Fresh Fruit</p>	<p>12 Herbed Chicken Mashed Potatoes Italian Veg Blend+ WW Roll Fresh Fruit</p>
<p>13 Turkey Burger Green Beans Fiesta Corn* Wheat Bun Seasonal Fruit</p>	<p>14 Vegetarian Quiche Cauliflower Broccoli+ Wheat Roll Seasonal Fresh Fruit</p>	<p>15 Beef Stroganoff Egg Noodles Green Peas Baby Carrots* Seasonal Fresh Fruit+</p>	<p>16 Tuna Salad on Greens Carrot Raisin Salad* Pineapple Tidbits+ Wheat Roll LS V8+</p>	<p>17 Chicken Fajita Mixed Vegetables* Pinto Beans Seasonal Fresh Fruit Wheat Tortilla</p>	<p>18 Southwestern Baked Fish over Brown Rice Yams* Zucchini Seasonal Fresh Fruit+</p>	<p>19 Beef Stew Orzo Spinach* Seasonal Fresh Fruit</p>
<p>20 Cheese Omelet Potatoes O'Brien Warm Apricot Compote* Bran Muffin Fruit Juice+</p>	<p>21 Mushroom Balls w/ Spaghetti Brussels Sprouts+ Cinnamon Apples Wheat Roll</p>	<p>22 Chicken Pot Pie With Biscuit Topping Broccoli Spiced Peaches</p>	<p>23 Seafood Salad on Romaine+ Pineapple Coleslaw Fruit Cocktail Wheat Crackers LS V8+</p>	<p>24 Creole Baked Fish Over Rice Pilaf California Veg Blend+* Green Beans Fresh Fruit</p>	<p>25 Hamburger Roasted Potatoes Peas and Carrots* Wheat Bun Fresh Orange+</p>	<p>26 Sweet & Sour Chicken Chow Mein Noodles Mixed Vegetables* Corn Seasonal Fresh Fruit+</p>
<p>27 Chef's Choice Veg 1 Veg 2 Whole Grain Fruit Cup+</p>	<p>28 Cheese Enchiladas Pinto Beans Fiesta Corn* Seasonal Fresh Fruit+</p>	<p>29 Chili Con Carne Brown Rice Capri Vegetables* Seasonal Fruit</p>	<p>30 Southwest Chicken Salad on Romaine+ Macaroni Salad Pineapple Tidbits+ LS V8+</p>	<p>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</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>Weekend meals are ordered a week in advanced and delivered FROZEN on Thursdays and Fridays along with your cold meal.</p>

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SEPTEMBER 2020



VEGETARIAN MENU

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><i>~MENU ITEMS ARE SUBJECT TO CHANGE~</i></p>	<p>1 Brown Rice, Black Bean Burrito Bowl Sweet Corn w/ Peppers* Broccoli+ Seasonal Fresh Fruit</p>	<p>2 Asian Tofu Salad w/ Noodles & Veg* Edamame Mandarin Oranges+ Wheat Crackers LS V8+</p>	<p>3 Veggie Nuggets Over Rice Pilaf Spinach* Peas and Onions Seasonal Fresh Fruit+</p>	<p>4 Vegetarian Cacciatore+ Over Wheat Pasta Green Beans Cauliflower+ Fresh Fruit</p>	<p>5 Veg Patty Melt w/ Caramelized Onions & Cheese Broccoli+, Carrots* Sourdough Fresh Fruit</p>
<p>6 Cheesy Pasta Bake Lima Beans Cauliflower w/Peppers+ Seasonal Fresh Fruit</p>	<p>7 Labor Day Spicy Bean Cake w/Fruit Salsa & Brown Rice Green Peas, CA Veg Blend Fruit Cup+ Office Closed. Meal Delivered 8/31</p>	<p>8 Spinach Lasagna Carrots* Spiced Peaches Breadstick</p>	<p>9 Lentil Salad with Lemon and Herbs on Romaine+ 3-Bean Salad Seasonal Fresh Fruit Wheat Crackers LS V8+</p>	<p>10 Teriyaki Tofu Chow Mein Noodles Steamed Cabbage Carrots* Edamame Fresh Banana</p>	<p>11 Swedish Veggie Balls Over WW Noodles Peas Broccoli+ Fresh Fruit</p>	<p>12 Lemony Chickpea Casserole Mashed Potatoes Italian Veg Blend+ WW Roll Fresh Fruit</p>
<p>13 Veggie Burger Green Beans Fiesta Corn* Wheat Bun Seasonal Fruit</p>	<p>14 Vegetarian Quiche Cauliflower Broccoli+ Wheat Roll Seasonal Fresh Fruit</p>	<p>15 Mushroom Stroganoff Egg Noodles Green Peas Baby Carrots* Seasonal Fresh Fruit+</p>	<p>16 Tu-No Salad on Greens Carrot Raisin Salad* Pineapple Tidbits+ Wheat Roll LS V8+</p>	<p>17 Tofu Fajitas Mixed Vegetables* Pinto Beans Seasonal Fresh Fruit Wheat Tortilla</p>	<p>18 Southwestern Baked Tofu w/ Brown Rice Yams* Zucchini Seasonal Fresh Fruit+</p>	<p>19 Vegetable & Bean Stew Orzo Spinach* Seasonal Fresh Fruit</p>
<p>20 Cheese Omelet Potatoes O'Brien Warm Apricot Compote* Bran Muffin Fruit Juice+</p>	<p>21 Mushroom Balls with Spaghetti Brussels Sprouts+ Cinnamon Apples Wheat Roll</p>	<p>22 Vegetarian Pot Pie w/ Biscuit Topping Broccoli Spiced Peaches</p>	<p>23 Egg Salad on Romaine+ Pineapple Coleslaw Fruit Cocktail Wheat Crackers LS V8+</p>	<p>24 Creole Baked Tofu Over Rice Pilaf CA Veg Blend+* Green Beans Fresh Fruit</p>	<p>25 Veggie Burger Roasted Potatoes Peas and Carrots* Wheat Bun Fresh Orange+</p>	<p>26 Sweet & Sour Tofu Chow Mein Noodles Mixed Vegetables* Corn Seasonal Fresh Fruit+</p>
<p>27 Chef's Choice Veg 1 Veg 2 Whole Grain Fruit Cup+</p>	<p>28 Cheese Enchiladas Pinto Beans Fiesta Corn* Seasonal Fresh Fruit+</p>	<p>29 Vegetarian Chili Brown Rice Capri Vegetables* Seasonal Fruit</p>	<p>30 Southwest Black Bean Salad on Romaine+ Macaroni Salad Pineapple Tidbits+ LS V8+</p>	<p>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</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>Weekend meals are ordered a week in advanced and delivered FROZEN on Thursdays and Fridays along with your cold meal.</p>

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SEPTEMBER 2020



MS PUREE MENU

510-894-0370

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>KEY High Vitamin C+ High Vitamin A* High Sodium<> (>1000) LS=Low Sodium WW=Whole Wheat</p>	<p>~MENU ITEMS ARE SUBJECT TO CHANGE~</p>	<p>1 Chicken Enchilada Corn Broccoli Applesauce</p>	<p>2 Meatloaf Butternut Squash Peach Cobbler Pureed Soup</p>	<p>3 Turkey Bread Stuffing Cranberries Mashed Potatoes Fruit Juice w/C+</p>	<p>4 Chicken w/Rice Peas Butternut Squash Fruit Juice w/C+</p>	<p>5 Turkey Sausage Waffles Mixed Berries Mashed Potatoes</p>
<p>6 French Toast Pears Scrambled Eggs Mashed Potatoes Fruit Juice w/C+</p>	<p>7 Pork Roast Sweet Potatoes Baked Apples Pureed Brown Rice Pureed Soup</p>	<p>8 Chicken & Dumplings Peas Rutabaga Fruit Juice w/C+</p>	<p>9 Seafood Casserole Broccoli Cherry Cobbler Pureed Soup</p>	<p>10 Chicken Pot Pie Green Beans Mixed Berries Mashed Potatoes</p>	<p>11 BBQ Beef Baked Beans Corn Fruit Juice w/C+ Pureed Soup</p>	<p>12 Turkey Sausage Pancakes Scrambled Eggs Mashed Potatoes Fruit Juice w/C+</p>
<p>13 Western Omelet Pears Mashed Potatoes Fruit Juice w/C+</p>	<p>14 Pot Roast Green Beans & Carrots Pureed Brown Rice Fruit Juice w/C+</p>	<p>15 Chicken Enchilada Corn Broccoli Applesauce</p>	<p>16 Meatloaf Butternut Squash Peach Cobbler Pureed Soup</p>	<p>17 Turkey Bread Stuffing Cranberries Mashed Potatoes Fruit Juice w/C+</p>	<p>18 Chicken w/Rice Peas Butternut Squash Fruit Juice w/C+</p>	<p>19 Turkey Sausage Waffles Mixed Berries Mashed Potatoes</p>
<p>20 French Toast Pears Scrambled Eggs Mashed Potatoes Fruit Juice w/C+</p>	<p>21 Pork Roast Sweet Potatoes Baked Apples Pureed Brown Rice Pureed Soup</p>	<p>22 Chicken & Dumplings Peas Rutabaga Fruit Juice w/C+</p>	<p>23 Seafood Casserole Broccoli Cherry Cobbler Pureed Soup</p>	<p>24 Chicken Pot Pie Green Beans Mixed Berries Mashed Potatoes</p>	<p>25 BBQ Beef Baked Beans Corn Fruit Juice w/C+ Pureed Soup</p>	<p>26 Turkey Sausage Pancakes Scrambled Eggs Mashed Potatoes Fruit Juice w/C+</p>
<p>27 Western Omelet Pears Mashed Potatoes Fruit Juice w/C+</p>	<p>28 Pot Roast Green Beans & Carrots Pureed Brown Rice Fruit Juice w/C+</p>	<p>29 Chicken Enchilada Corn Broccoli Applesauce</p>	<p>30 Meatloaf Butternut Squash Peach Cobbler Pureed Soup</p>	<p>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</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>Weekend meals are ordered a week in advanced and delivered FROZEN on Thursdays and Fridays along with your cold meal.</p>

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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	~MENU ITEMS ARE SUBJECT TO CHANGE~	1 Chicken w/Vegetables Carrots White Rice Fruit Cocktail	2 Vegetarian Chili Chicken Noodle Soup (Low Sodium)	3 Turkey Carrots & Peas* Rotini Pasta Romaine & Cucumber Peaches	4 Pot Roast Rotini Pasta Green Beans Cole Slaw Pears	5 Patty Melt w/ Caramelized Onions & Cheese Broccoli+ Carrots* Fresh Fruit Sourdough
6 Cheesy Pasta Bake Lima Beans Cauliflower with Peppers Seasonal Fresh Fruit	7 Labor Day Meat Loaf Carrots* White Rice Romaine & Cucumber Fruit Cocktail Office Closed. Meal Delivered 8/31	8 Chicken w/Vegetables Carrots White Rice Fruit Cocktail	9 Vegetarian Chili Chicken Noodle Soup (Low Sodium)	10 Turkey Carrots & Peas* Rotini Pasta Romaine & Cucumber Peaches	11 Pot Roast Rotini Pasta Green Beans Cole Slaw Pears	12 Herbed Chicken Mashed Potatoes Italian Veggie Blend+ Fresh Fruit Roll
13 Turkey Burger Green Beans Fiesta Corn* Seasonal Fruit Bun	14 Meat Loaf Carrots* White Rice Romaine & Cucumber Fruit Cocktail	15 Chicken w/Vegetables Carrots White Rice Fruit Cocktail	16 Vegetarian Chili Chicken Noodle Soup (Low Sodium)	17 Turkey Carrots & Peas* Rotini Pasta Romaine & Cucumber Peaches	18 Pot Roast Rotini Pasta Green Beans Cole Slaw Pears	19 Beef Stew Orzo Spinach* Seasonal Fresh Fruit
20 Cheese Omelet Potatoes O'Brien Warm Apricot Compote* Bran Muffin Fruit Juice+	21 Meat Loaf Carrots* White Rice Romaine & Cucumber Fruit Cocktail	22 Chicken w/Vegetables Carrots White Rice Fruit Cocktail	23 Vegetarian Chili Chicken Noodle Soup (Low Sodium)	24 Turkey Carrots & Peas* Rotini Pasta Romaine & Cucumber Peaches	25 Pot Roast Rotini Pasta Green Beans Cole Slaw Pears	26 Sweet and Sour Chicken Chow Mein Noodles Mixed Vegetables* Corn Seasonal Fresh Fruit
27 Chef's Choice Vegetable 1 Vegetable 2 Whole Grain Fruit Cup+	28 Meat Loaf Carrots* White Rice Romaine & Cucumber Fruit Cocktail	29 Chicken w/Vegetables Carrots White Rice Fruit Cocktail	30 Vegetarian Chili Chicken Noodle Soup (Low Sodium)	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	*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.	Weekend meals are ordered a week in advanced and delivered FROZEN on Thursdays and Fridays along with your cold meal.

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