



# NOVEMBER 2020



**REGULAR MENU**  
510-894-0370

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 Breakfast Burrito w/Salsa Hash Browns Applesauce+	2 Spinach Lasagna+ Carrots* Green Beans Seasonal Fruit Whole Wheat Roll	3 Chicken Burrito Bowl w /Brown Rice, Black Beans, Sweet Corn w/ Peppers, Broccoli+ Seasonal Fresh Fruit	4 Asian Chicken Salad Edamame Mandarin Oranges Wheat Crackers LS V8+	4 Chicken Cordon Bleu Over Rice Pilaf Spinach* Peas and Onions Seasonal Fresh Fruit+	6 Chili Con Carne Brown Rice Capri Vegetables* Seasonal Fruit+	7 Smoked Sausage with Mac and Cheese Stewed Tomatoes Bean Blend Seasonal Fruit+
8 Chicken and Penne Pasta Alfredo Carrots* Butternut Squash* Fruit Cup+	9 Veggie Burger Fiesta Corn Roasted Potatoes Seasonal Fresh Fruit+ Whole Wheat Bun	10 Beef Stew Mashed Potatoes Spinach* Seasonal Fresh Fruit+ Wheat Roll	11 <b>Veteran's Day</b> Chicken Tenders w/ Zesty Orange Rice Bean Blend Three Season Vegetables+ Fresh Fruit <b>*Office Closed</b>	12 Teriyaki Chicken Chow Mein Noodles Steamed Cabbage+ and Carrots* Edamame Fresh Banana	13 Swedish Meatballs Over WW Noodles Peas Broccoli+ Fresh Fruit	14 Pesto Basil Chicken Lima Beans Mixed Veggies+* Whole Wheat Roll Fresh Fruit
15 Breaded Pollock Green Pea Blend Carrots* Seasonal Fresh Fruit Wheat Bread	16 Vegetarian Quiche Cauliflower Broccoli+ Seasonal Fresh Fruit Wheat Roll	17 Beef Stroganoff Egg Noodles Green Peas Baby Carrots* Seasonal Fresh Fruit+	18 Southwest Chicken Salad on Romaine+ Macaroni Salad Pineapple Tidbits+ LS V8+	19 Chicken Fajita Mixed Vegetables* Pinto Beans Seasonal Fresh Fruit Wheat Tortilla	20 Southwestern Baked Fish on Brown Rice Yams* Zucchini Seasonal Fresh Fruit+	21 Chipotle Meatloaf Red Skin Potatoes Green Beans Wheat Roll Fresh Fruit
22 Chimichurri Chicken+ Stewed Tomatoes Black Beans and Corn Fresh Fruit Whole Wheat Bread	23 Mushroom Balls w/ Spaghetti Brussels Sprouts+ Cinnamon Apples Wheat Roll	24 Chicken Pot Pie With Biscuit Topping Broccoli+ Spiced Peaches	25 Seafood Salad on Romaine Pineapple Coleslaw+ Fruit Cocktail Wheat Crackers LS V8+	26 <b>Thanksgiving Holiday</b> Turkey with Gravy Sweet Potatoes Green Bean Cranberry Juice+ WW Roll, Pumpkin Pie <b>*Office Closed</b>	27 BBQ Pork Patty Red Skin Potatoes Whole Kernel Corn Fruit Cup+ Whole Wheat Roll <b>*Office Closed</b>	28 Honey Mustard Chicken Sweet Potatoes+* Brussels Sprouts+ Fresh Fruit Wheat Bread
29 Breakfast Scramble Asparagus+ Hash browns Bran Muffin Fruit Cup	30 Cheese Enchiladas Pinto Beans Fiesta Corn* Seasonal Fresh Fruit+	<b>HOLIDAY MEALS</b> 11/11-----> 11/26-----> 11/27-----> 11/28-----> 11/29----->	<b>DELIVERED ON:</b> 11/04 11/25 11/18 11/23 11/24	<b>NUTRITIONAL CODE</b>  High Vitamin C+ High Vitamin A* High Sodium<> (>1000) LS=Low Sodium WW=Whole Wheat	<b>*MICROWAVE:</b> *Cold meals - for 2-3 mins. *Frozen meals - on high for 4- 5 mins <b>*OVEN:</b> Pre-heat to 350. Remove plastic film. Place on pan for 20 m	<b>STORAGE:</b> *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

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## VEGETARIAN MENU

510-894-0370

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 Cheese, Rice and Bean Burrito Hash browns Applesauce+	2 Spinach Lasagna+ Carrots* Green Beans Seasonal Fruit Whole Wheat Roll	3 Burrito Bowl w/ Brown Rice, Black Bean Sweet Corn w/ Peppers, Broccoli+ Seasonal Fresh Fruit	4 Asian Salad with Veggie Nuggets+* Edamame Mandarin Oranges Wheat Crackers LS V8+	5 Vegetable Nuggets Over Rice Pilaf Spinach* Peas and Onions Seasonal Fresh Fruit+	6 Vegetarian Chili Brown Rice Capri Vegetables* Seasonal Fruit+	7 Macaroni and Cheese Brussels Sprouts+ Baby Carrots* Seasonal Fresh Fruit
8 Veggie Sausage French Toast O'Brien Potatoes Fruit Cup	9 Veggie Burger Fiesta Corn Roasted Potatoes Seasonal Fresh Fruit+ Whole Wheat Bun	10 Vegetable Bean Stew Mashed Potatoes Spinach* Seasonal Fresh Fruit+ Wheat Roll	11 <b>Veteran's Day</b> Chef 'Choice Veg 1 Veg 2 Fruit+ Whole Grain <b>*Office Closed</b>	12 Teriyaki Tofu Chow Mein Noodles Steamed Cabbage+ and Carrots* Edamame Fresh Banana	13 Veg Swedish Meatballs Over WW Noodles Peas Broccoli+ Fresh Fruit	14 Spaghetti Marinara w/ Veggie Nuggets Cauliflower+ Green Beans Fresh Fruit+
15 Cheese Omelet Potatoes Capri Vegetables* Seasonal Fresh Fruit Wheat Bread	16 Vegetarian Quiche Cauliflower Broccoli+ Seasonal Fresh Fruit Wheat Roll	17 Mushroom Stroganoff Egg Noodles Green Peas Baby Carrots* Seasonal Fresh Fruit+	18 Southwest Black Bean Salad on Romaine+ Macaroni Salad Pineapple Tidbits+ LS V8+	19 Vegetarian Fajitas Mixed Vegetables* Pinto Beans Seasonal Fresh Fruit Wheat Tortilla	20 Southwestern Baked Tofu over Brown Rice Yams* Zucchini Fresh Fruit+	21 Veggie Patty Broccoli+ Mixed Vegetables* Fresh Fruit Wheat Roll
22 Egg Frittata with Vegetables Potato Medley* Applesauce+ Whole Wheat Bread	23 Spaghetti with Mushroom Balls Brussels Sprouts+ Cinnamon Apples Wheat Roll	24 Vegetable Pot Pie With Biscuit Topping Broccoli+ Spiced Peaches	25 Egg Salad on Romaine Pineapple Coleslaw+ Fruit Cocktail Wheat Crackers LS V8+	26 <b>Thanksgiving Holiday</b> Tofurkey with Gravy Sweet Potatoes Green Beans Cranberry Juice+ WW Roll, Holiday Treat <b>*Office Closed</b>	27 BBQ Soy Patty Red Skin Potatoes Whole Kernel Corn Whole Wheat Roll Fruit Cup+ <b>*Office Closed</b>	28 Chef's Choice Veg 1 Veg 2 Wheat Bread Fresh Fruit+
29 Pancakes with Vegetable Sausage O'Brien Potatoes Fruit Cup+	30 Cheese Enchiladas Pinto Beans Fiesta Corn* Seasonal Fresh Fruit+	<b>HOLIDAY MEALS</b> 11/11-----> 11/26-----> 11/27-----> 11/28-----> 11/29----->	<b>DELIVERED ON:</b> 11/04 11/25 11/18 11/23 11/24	<b>NUTRITIONAL CODE</b> High Vitamin C+ High Vitamin A* High Sodium<> (>1000) LS=Low Sodium WW=Whole Wheat	<b>*MICROWAVE:</b> *Cold meals - for 2-3 mins. *Frozen meals - on high for 4- 5 mins <b>*OVEN:</b> Pre-heat to 350. Remove plastic film. Place on pan for 20 m	<b>*STORAGE:</b> *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

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# November 2020



## RENAL MENU

510-894-0370

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 Cheese, Rice and Bean Burrito Hash browns Applesauce+	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 Chicken and Rice Casserole Broccoli+ Baby Carrots* Seasonal Fresh Fruit
8 Egg Frittata with Vegetables Capri Vegetables Apple Sauce+ White Bread	9 Meat Loaf Carrots* White Rice Romaine & Cucumber Fruit Cocktail	10 Chicken w/Vegetables Carrots White Rice Fruit Cocktail	11 <b>Veteran's Day</b> Chicken Noodle Soup (Low Sodium) Vegetarian Chili  <b>*Office Closed</b>	12 Turkey Carrots & Peas* Rotini Pasta Romaine & Cucumber Peaches	13 Pot Roast Rotini Pasta Green Beans Cole Slaw Pears	14 Chicken and Rice Casserole Broccoli+ Baby Carrots* Seasonal Fresh Fruit
15 Egg Frittata with Vegetables Capri Vegetables Apple Sauce+ White Bread	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 Chicken and Rice Casserole Broccoli+ Baby Carrots* Seasonal Fresh Fruit
22 Egg Frittata with Vegetables Capri Vegetables Apple Sauce+ White Bread	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 <b>Thanksgiving Holiday</b> Turkey Carrots & Peas* Rotini Pasta Romaine & Cucumber Peaches <b>*Office Closed</b>	27 Pot Roast Rotini Pasta Green Beans Cole Slaw Pears <b>*Office Closed</b>	28 Chicken and Rice Casserole Broccoli+ Baby Carrots* Seasonal Fresh Fruit
29 Egg Frittata with Vegetables Capri Vegetables Apple Sauce+ White Bread	30 Meat Loaf Carrots* White Rice Romaine & Cucumber Fruit Cocktail	<b>Holiday Meals:</b> 11/11-----> 11/26-----> 11/27-----> 11/28-----> 11/29----->	<b>Delivered On:</b> 11/04 11/25 11/18 11/23 11/24	<b>*MICROWAVE:</b> *Cold meals - for 2-3 mins. *Frozen meals - on high for 4- 5 mins <b>*OVEN:</b> Pre-heat to 350. Remove plastic film. Place on pan for 20-25 mins.	<b>NUTRITIONAL CODE</b> High Vitamin C+ High Vitamin A* High Sodium<> (>1000) LS=Low Sodium WW=Whole Wheat	<b>STORAGE:</b> *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

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# November 2020



**Puree and M/S**  
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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 French Toast Pears Scrambled Eggs Mashed Potatoes Fruit Juice w/C+	2 Pork Roast Sweet Potatoes Baked Apples Pureed Brown Rice Pureed Soup	3 Chicken & Dumplings Peas Rutabaga Fruit Juice w/C+	4 Pureed Soup Seafood Casserole Broccoli Cherry Cobbler	5 Chicken Pot Pie Green Beans Mashed Potatoes Mixed Berries	6 BBQ Beef Baked Beans Corn Pureed Soup Fruit Juice w/C	7 Turkey Sausage Pancakes Scrambled Eggs Mashed Potatoes Fruit Juice w/C+
8 Western Omelet Pears Scrambled Eggs 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 <u>Veteran's Day</u> Meatloaf Butternut Squash Peach Cobbler Pureed Soup  <b>*Office Closed</b>	12 Turkey Bread Stuffing Cranberries Mashed Potatoes Fruit Juice w/C+	13 Chicken w/Rice Peas Butternut Squash Fruit Juice w/C+	14 Turkey Sausage Waffles Mashed Potatoes Mixed Berries
15 French Toast Pears Scrambled Eggs Mashed Potatoes Fruit Juice w/C+	16 Pork Roast Sweet Potatoes Baked Apples Pureed Brown Rice Pureed Soup	17 Chicken & Dumplings Peas Rutabaga Fruit Juice w/C+	18 Seafood Casserole Broccoli Cherry Cobbler Pureed Soup	19 Chicken Pot Pie Green Beans Mashed Potatoes Mixed Berries	20 BBQ Beef Baked Beans Corn Pureed Soup Fruit Juice w/C+	21 Turkey Sausage Pancakes Scrambled Eggs Mashed Potatoes Fruit Juice w/C+
22 Western Omelet Pears Scrambled Eggs 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 <u>Thanksgiving Holiday</u> Turkey Bread Stuffing Cranberries Mashed Potatoes Fruit Juice w/C+ <b>*Office Closed</b>	27 Chicken w/Rice Peas Butternut Squash Fruit Juice w/C+  <b>*Office Closed</b>	28 Turkey Sausage Waffles Mashed Potatoes Mixed Berries
29 French Toast Pears Scrambled Eggs Mashed Potatoes Fruit Juice w/C+	30 Pork Roast Sweet Potatoes Baked Apples Pureed Brown Rice Pureed Soup	<b>Holiday Meals:</b>  11/11-----> 11/26-----> 11/27-----> 11/28-----> 11/29----->	<b>Delivered On:</b>  11/04 11/25 11/18 11/23 11/24	<b>*MICROWAVE:</b> *Cold meals - for 2-3 mins. *Frozen meals - on high for 4- 5 mins <b>*OVEN:</b> Pre-heat to 350. Remove plastic film. Place on pan for 20-25 mins.	<b>NUTRITIONAL CODE</b> High Vitamin C+ High Vitamin A* High Sodium<> (>1000) LS=Low Sodium WW=Whole Wheat	<b>STORAGE:</b> *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

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# Temperature Safety and Reheating Meals

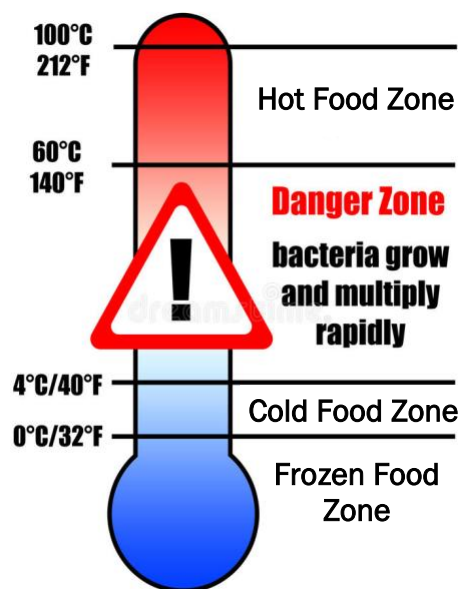
Chilled meals will need to be kept cold until you are ready to reheat to eat.

## Food Safety

Meals on Wheels is committed to serving safe meals. Until the meal is delivered to a site, we take every precaution to ensure food safety. Your meals are handled with care to eliminate the risk of foodborne illness. Once we deliver the meal to you, **food safety becomes your responsibility.**

Here are some **Food Safety** guidelines:

- **Re-heat and eat the meal immediately or refrigerate within 30 minutes.**
- If not eaten right away, meals should be refrigerated and eaten within 48 hours.
- **Do NOT leave meals out for more than 30 minutes!**
- Keep food out of the “Temperature Danger Zone”  
**Cold food must be below 41°F**  
**Hot food must be above 135°F**
- **When in doubt, throw it out!** It is not worth the risk of eating foods that you are not 100% sure that is safe to eat.



## Re-heating Instructions



1. **Microwave:** Slit film over entrée. Heat on high for 2-3 minutes.

2. **Regular conventional/convection oven:** Pre-heat oven to 350°F. Remove film. Place meal on a cookie sheet. Bake for 20-25 minutes.

**\*\*Do not reheat in toaster oven, paper tray too close to heating element can be a fire hazard.\*\***

### Exceptions

**Monday, Saturday and Sunday** meals will arrive frozen. It may require a little longer to reheat.

**Wednesday** meal is a COLD Salad. Do not heat.



Rethink Your Drink

An easy indicator to know if you're sufficiently hydrated or not is the color of your urine. Pale yellow is the color you are aiming for. Anything darker than that is a sign you need to increase your water intake.