



December 2020



REGULAR MENU

510-574-2092

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
KEY High Vitamin C=+ High Vitamin A=* High Sodium (>1000mg) =<> LS = Low Sodium	~MENU ITEMS ARE SUBJECT TO CHANGE~	1 Turkey Burger Green Beans Fiesta Corn* Wheat Bun Fresh Fruit+	2 Tuna Salad on Greens Carrot Raisin Salad* Pineapple Tidbits+ Wheat Roll LS V8+	3 Chicken Jambalaya White Rice Capri Vegetables+ Cinnamon Apples	4 Chicken Cacciatore+ Wheat Pasta Green Beans Cauliflower+ Fresh Fruit	5 Beef Strips & Gravy Spinach+* Four Seasons Veggies Wheat Roll & Fruit
6 Florentine Chicken Asparagus Carrots* Wheat Roll Fruit	7 Pasta Primavera+ Whole Wheat Rotini Yams* Spiced Apples	8 Beef Stew Mashed Potatoes Spinach* Wheat Roll Fresh Fruit+	9 Southwest Chicken Salad on Romaine+ Macaroni Salad Pineapple Tidbits+ LS V8+	10 Turkey Tetrazzini Peas and Carrot* Broccoli+ Fresh Fruit	11 Creole Baked Fish Rice Pilaf California Vegetable Blend+* Peas and Onions Banana	12 Meatballs with Alfredo Shell Pasta Corn and Peppers Green Beans Fresh Fruit+
13 Pesto Basil Chicken Lima Beans Mixed Vegetables Whole Wheat Roll Fruit Cup+	14 Cheese Enchiladas Pinto Beans Fiesta Corn* Fresh Fruit+	15 Pasta Beef Tomato Casserole Cauliflower+ Carrot Coins* Fresh Fruit	16 Chicken Ranch Salad on Romaine+ 3-Bean Salad Marinated Tomatoes Wheat Crackers/ LS V8	17 Chicken Dijon WW Penne Pasta Mixed Vegetables Spinach* Fresh Fruit	18 Sweet and Sour Pork with Vegetables White Rice Cabbage+ Fresh Fruit	19 Spaghetti and Meatballs Corn Broccoli Fresh Fruit
20 Honey Mustard Chicken Sweet Potatoes Brussels Sprouts Wheat Roll & Fruit	21 Pancakes Veggie Sausage Breakfast Potatoes Warm Applesauce Fruit Juice w/C+	22 Breaded Catfish Herbed Orzo Broccoli+ Corn /Red Peppers* Fresh Fruit	23 Egg Salad on Romaine+ Pineapple Coleslaw+ Fruit Cocktail Wheat Crackers LS V8+	CLOSED 24 Chicken with Honey Lemon Rice Black Beans & Corn Brussels Sprouts+ Fresh Fruit	CLOSED 25 Ham & Pineapple Sweet Potatoes Green Beans w/Onions & Red Peppers Wheat Roll & Fresh Fruit <i>Merry Christmas</i>	26 Chipotle Meatloaf Red Skin Potatoes Green Beans Bran Muffin Fresh Fruit
27 Chimichurri Chicken Stewed Tomatoes Black Beans & Corn Wheat Bread Fruit	28 Cheesy Pasta Bake Lima Beans Cauliflower with Red Peppers+ Fresh Fruit	29 Beef Chow Mein Cabbage+ Mixed Vegetables* Fresh Fruit	30 Asian Chicken Salad w/ Noodles & Vegetables*, Edamame Mandarin Oranges Wheat Crackers/ LS V8	CLOSED 31 Sausage and Egg Breakfast Burrito w/ Salsa Hash browns Applesauce	CLOSED Jan 1 Lasagna w/Beef Sauce Spinach Corn and Peppers Fruit	Jan 2 BBQ Chicken Stewed Tomatoes Sweet Potatoes Wheat Bread Fruit
Jan 3 Chef's Choice	 Happy Holidays		Meal → Delivery Date 12/24 → 12/14 12/25 → 12/15 12/26 → 12/16 12/27 → 12/21 12/31 → 12/30 1/1 → 12/23 1/2 → 12/28 1/3 → 12/29	<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>	<i>*Microwave: Frozen meals on high for 4- 5 mins or cold meals for 2-3 mins.</i>	<i>*Oven: Pre-heat to 350. Remove plastic film. Place on pan for 20-25 mins.</i>

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VEGETARIAN MENU

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
KEY High Vitamin C=+ High Vitamin A=* High Sodium (>1000mg) =<> LS = Low Sodium	~MENU ITEMS ARE SUBJECT TO CHANGE~	1 Veggie Burger Green Beans Fiesta Corn* Wheat Bun Fresh Fruit+	2 Tu-no Salad on Greens Carrot Raisin Salad* Pineapple Tidbits+ Wheat Roll LS V8+	3 Vegetable Jambalaya White Rice Capri Vegetables+ Cinnamon Apples	4 Veggie Chicken ^^+ Wheat Pasta Green Beans Cauliflower+ Fresh Fruit	5 Macaroni & Cheese Brussels Sprouts+ Baby Carrots* Fresh Fruit
6 Cheese, Rice and Bean Burrito Hashbrowns Applesauce+	7 Pasta Primavera+ Whole Wheat Rotini Yams* Spiced Apples	8 Vegetable Bean Stew Mashed Potatoes Spinach* Wheat Roll Fresh Fruit+	9 Southwest Black Bean Salad on Romaine+ Macaroni Salad Pineapple Tidbits+ LS V8+	10 Tofu Tetrazzini Peas and Carrot* Broccoli+ Fresh Fruit	11 Creole Baked Tofu Rice Pilaf California Vegetable Blend+* Peas and Onions Bananna	12 Meatless Chicken^^ Spaghetti w/ Marinara Cauliflower+ Green Beans Fresh Fruit+
13 Veggie Sausage French Toast O'Brien Potatoes Fruit Cup	14 Cheese Enchiladas Pinto Beans Fiesta Corn* Fresh Fruit+	15 Pasta, Soy Crumble^^ Tomato Casserole Cauliflower+ Carrot Coins* Fresh Fruit	16 Lentil Salad w/Lemon, Herbs, Romaine+ 3-Bean Salad Marinated Tomatoes Wheat Crackers LS V8+	17 Veggie Chicken^^ Dijon WW Penne Pasta Mixed Vegetables Spinach* Fresh Fruit	18 Sweet and Sour Tofu with Vegetables White Rice Cabbage+ Fresh Fruit	19 Veggie Patty Broccoli+ Mixed Vegetables* Wheat Roll Fresh Fruit
20 Egg Frittata with Vegetables Potato Medley* Applesauce+ Wheat Roll	21 Veggie Sausage Pancakes Breakfast Potatoes Warm Applesauce Fruit Juice w/C+	22 Breaded Veg Patty Herbed Orzo Broccoli+ Corn/ Red Peppers* Fresh Fruit	23 Egg Salad on Romaine+ Pineapple Coleslaw+ Fruit Cocktail Wheat Crackers LS V8+	24 CLOSED Spinach Lasagna+ Carrots* Warm Apricots Wheat Bread	25 CLOSED Veggie Loaf with Gravy Mashed Potatoes Broccoli+ Fresh Fruit <i>Merry Christmas</i> 	26 Veggie Sausage Pancakes Potatoes Bran Muffin Fresh Fruit+
27 Chef's Choice Veg 1 Veg 2 Wheat Bread Fresh Fruit+	28 Cheesy Pasta Bake Lima Beans Cauliflower with Red Peppers+ Fresh Fruit	29 Tofu Chow Mein Cabbage+ Mixed Vegetables* Fresh Fruit	30 Asian Tofu Salad with Noodles & Vegetables*, Edamame Mandarin Oranges Wheat Crackers/ LS V8+	31 CLOSED Breaded Patty Herbed Orzo Broccoli+* Corn w/Red Peppers Fresh Fruit	Jan 1 CLOSED Cheese Tamales Pinto Beans Mixed Veggies Fresh Fruit 	Jan 2 Veggie Nuggets Brown Rice Peas with Onions Yams Fruit
Jan 3 Chef's Choice			Meal → Delivery Date 12/24 → 12/14 12/25 → 12/15 12/26 → 12/16 12/27 → 12/21 12/31 → 12/30 1/1 → 12/23 1/2 → 12/28 1/3 → 12/29	<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>	<i>*Microwave: Frozen meals on high for 4- 5 mins or cold meals for 2-3 mins.</i>	<i>*Oven: Pre-heat to 350. Remove plastic film. Place on pan for 20-25 mins.</i>

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RENAL MENU
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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
KEY High Vitamin C=+ High Vitamin A=* High Sodium (>1000mg) =<> LS = Low Sodium	~MENU ITEMS ARE SUBJECT TO CHANGE~	1 Chicken w/Vegetables Carrots White Rice Fruit Cocktail	2 Chicken Noodle Soup (Low Sodium) Vegetarian Chili	3 Turkey Carrots & Peas* Rotini Pasta Romaine & Cucumber Peaches	4 Pot Roast Rotini Pasta Green Beans Pears	5 Chicken and Rice Casserole Broccoli+ Baby Carrots* Fresh Fruit
6 Egg Frittata with Vegetables Capri Vegetables Apple Sauce+ White Bread	7 Meat Loaf Carrots* White Rice Romaine & Cucumber Fruit Cocktail	8 Chicken w/Vegetables Carrots White Rice Fruit Cocktail	9 Chicken Noodle Soup (Low Sodium) Vegetarian Chili	10 Turkey Carrots & Peas* Rotini Pasta Romaine & Cucumber Peaches	11 Pot Roast Rotini Pasta Green Beans Pears	12 Chicken and Rice Casserole Broccoli+ Baby Carrots* Fresh Fruit
13 Egg Frittata with Vegetables Capri Vegetables Apple Sauce+ White Bread	14 Meat Loaf Carrots* White Rice Romaine & Cucumber Fruit Cocktail	15 Chicken w/Vegetables Carrots White Rice Fruit Cocktail	16 Chicken Noodle Soup (Low Sodium) Vegetarian Chili	17 Turkey Carrots & Peas* Rotini Pasta Romaine & Cucumber Peaches	18 Pot Roast Rotini Pasta Green Beans Pears	19 Chicken and Rice Casserole Broccoli+ Baby Carrots* Fresh Fruit
20 Egg Frittata with Vegetables Capri Vegetables Apple Sauce+ White Bread	21 Meat Loaf Carrots* White Rice Romaine & Cucumber Fruit Cocktail	22 Chicken w/Vegetables Carrots White Rice Fruit Cocktail	23 Chicken Noodle Soup (Low Sodium) Vegetarian Chili	24 CLOSED Turkey Carrots & Peas* Rotini Pasta Romaine & Cucumber Peaches	25 CLOSED Pot Roast Rotini Pasta Green Beans Pears Merry Christmas	26 Chicken and Rice Casserole Broccoli+ Baby Carrots* Fresh Fruit
27 Egg Frittata with Vegetables Capri Vegetables Apple Sauce+ White Bread	28 Meat Loaf Carrots* White Rice Romaine & Cucumber Fruit Cocktail	29 Chicken w/Vegetables Carrots White Rice Fruit Cocktail	30 Chicken Noodle Soup (Low Sodium) Vegetarian Chili	31 CLOSED Turkey Carrots & Peas* Rotini Pasta Romaine & Cucumber Peaches	Jan 1 CLOSED Pot Roast Rotini Pasta Green Beans Pears 	Jan 2 Chicken and Rice Casserole Broccoli+ Baby Carrots* Fresh Fruit
Jan 3 Egg Frittata with Vegetables Capri Vegetables Apple Sauce+ White Bread			Meal → Delivery Date 12/24 → 12/14 12/25 → 12/15 12/26 → 12/16 12/27 → 12/21 12/31 → 12/30 1/1 → 12/23 1/2 → 12/28	<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>	<i>*Microwave: Frozen meals on high for 4- 5 mins or cold meals for 2-3 mins.</i>	<i>*Oven: Pre-heat to 350. Remove plastic film. Place on pan for 20-25 mins.</i>

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PUREE and MS
510-574-2092

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

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It's Flu Season! Tips Towards Flu Prevention



Every year between 9 million to 49 million Americans gets sick with the flu which can cause mild to severe illness and can result in hospitalization or sometimes even death. Now with the COVID-19 pandemic still around, it may more of a challenge to differentiate the two viruses since they have similar symptoms. With the flu season occurring around fall and winter, it is important for high-risk individuals to take extra steps to protect themselves from getting sick with the flu.

High-risk individuals are referred to as:

- Older adults 65 years or older
- Those with chronic medical conditions
- Pregnant women
- Children under 5 years old

<p>Flu symptoms:</p> <ul style="list-style-type: none">• Fever• Cough• Sore throat• Runny or stuffy nose• Muscle or body aches• Headaches• Tiredness or fatigue	<p>Tips for flu prevention:</p> <ul style="list-style-type: none">• Get your flu shot• Wash hands regularly• Avoid close contact• Avoid touching eyes, nose, mouth• Stay home if you are sick• Cover cough and sneezes
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Another way to help protect yourself from the flu is by eating foods that help boost your immune system. Foods that are high in antioxidants such as nuts and seeds can help fight infections, while foods that help decrease inflammation like fish and yogurt can help fight chronic diseases. There are other foods that can help boost immunity such as those with vitamin c which can be found in citrus fruits and leafy greens.

Immune-boosting foods:

- Fish (salmon, anchovies, sardines)
- Yogurt
- Broccoli
- Beans
- Mushrooms
- Nuts and seeds (almonds, brazil nuts, peanuts, sunflower seeds)
- Leafy greens
- Garlic
- Sweet potatoes
- Citrus fruits
- Strawberries

Sources:

<https://www.cdc.gov/flu/>

<https://www.health.harvard.edu/staying-healthy/covid-19-and-flu-season-what-to-expect>

<https://health.clevelandclinic.org/eat-not-fight-colds-flu/>