



January 2021



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>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. Bake on pan for 20 mins</p>	<p>Weekend meals are ordered a week in advanced and delivered FROZEN on Thursdays and Fridays along with your cold meal</p>		<p>Delivered on 12/23 1 Lasagna with Beef Sauce Spinach Corn and Peppers Fresh Fruit</p>	<p>Delivered on 12/28 2 BBQ Chicken Stewed Tomatoes Sweet Potatoes Whole Wheat Bread Fresh Fruit</p>
<p>Delivered on 12/29 3 Chicken Tenders and Zesty Orange Rice Bean Blend Three Season Vegetables+ Fresh Fruit</p>	<p>4 Veggie Burger on a Whole Wheat Bun Fiesta Corn Roasted Potatoes Fresh Fruit+</p>	<p>5 Brown Rice, Black Bean Chicken Burrito Bowl Sweet Corn w/ Peppers, Broccoli+ Fresh Fruit</p>	<p>6 Tuna Salad on Greens Carrot Raisin Salad* Pineapple Tidbits+ Wheat Roll LS V8+</p>	<p>7 Turkey Tetrazzini Peas and Carrot* Broccoli+ Fresh Fruit</p>	<p>8 Chicken Parmesan Over WW Penne Pasta Cauliflower+ Peas Fresh Fruit</p>	<p>9 Meatballs and Alfredo Shells Corn and Peppers Green Beans Fruit Cup+</p>
<p>10 Pesto Basil Chicken Lima Beans Mixed Vegetables+* WW Roll Fresh Fruit</p>	<p>11 Spinach Lasagna+ Carrots* Warm Apricots Breadstick</p>	<p>12 Pulled Pork Steamed Cabbage+ Capri Vegetables+ WW Bun Fresh Fruit</p>	<p>13 Southwest Chicken Salad on Romaine+ Macaroni Salad Pineapple Tidbits+ LS V8+</p>	<p>14 Chicken Pot Pie With Biscuit Topping Herbed Cauliflower+ Spiced Peaches</p>	<p>15 Meat Loaf with Gravy Mashed Potatoes Broccoli+ WW Roll Fresh Fruit</p>	<p>16 Chicken w/Honey Lemon Rice Black Beans and Corn Brussels Sprouts+ Fresh Fruit</p>
<p>17 Honey Mustard Chicken Sweet Potatoes+* Brussels Sprouts+ Wheat Bread Fresh Fruit</p>	<p>Office Closed 18 MLK Holiday Delivered on 1/11 Spaghetti with Mushroom Balls Brussels Sprouts+ Cinnamon Apples</p>	<p>19 Beef Tacos with Pinto Beans Vegetable Blend* WW Flour Tortilla Fruit Cup+</p>	<p>20 Chicken Salad Edamame Mandarin Oranges Wheat Crackers LS V8+</p>	<p>21 Creole Baked Fish Rice Pilaf California Vegetable Blend+* Peas and Onions Banana</p>	<p>22 Salisbury Steak Mashed Potatoes Brussels Sprouts+ Wheat Bread Fresh Fruit</p>	<p>23 Teriyaki Chicken Sweet Potatoes* Green Beans WW Roll Fruit</p>
<p>24 Alfredo Chicken w/ Penne Pasta Carrots* Butternut Squash Fruit</p>	<p>31 Chimichurri Chicken+ Stewed Tomatoes Black Beans and Corn WW Bread Fresh Fruit</p>	<p>25 Cheesy Pasta Bake Lima Beans Cauliflower with Red Peppers+ Fresh Fruit</p>	<p>26 Breaded Cod<> Sandwich with Tartar Sauce Mixed Vegetables+ Roasted Potatoes Fresh Fruit</p>	<p>27 Chicken Ranch Salad+ 3-Bean Salad Marinated Tomatoes Wheat Crackers and LS V8+</p>	<p>28 Chicken Cordon Bleu Over Rice Pilaf Spinach* Peas and Onions Fresh Fruit+</p>	<p>29 Swedish Meatballs Over WW Noodles Peas Broccoli+ Fresh Fruit</p>
<p>30 Beef Strips w/Orange Rice Corn Broccoli+ Fresh Fruit</p>						

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



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VEGETARIAN MENU

510-894-0370

Sunday		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
High Vitamin C+ High Vitamin A* High Sodium<> (>1000) LS=Low Sodium WW=Whole Wheat		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. Bake on pan for 20 mins	Weekend meals are ordered a week in advanced and delivered FROZEN on Thursdays and Fridays along with your cold meal		Delivered on 12/23 1 Cheese Tamales Pinto Beans Mixed Vegetables Fresh Fruit+	Delivered on 12/28 2 Vegetable Nuggets Yams+ Peas and Onions Fresh Fruit
Delivered on 12/29 3 Macaroni and Cheese Brussels Sprouts+ Baby Carrots* Fresh Fruit		4 Veggie Burger Fiesta Corn Roasted Potatoes Whole Wheat Bun Fresh Fruit+	5 Brown Rice, Black Bean Burrito Bowl Sweet Corn w/ Peppers, Broccoli+ Fresh Fruit	6 Tu-No Salad on Greens Carrot Raisin Salad* Pineapple Tidbits+ Wheat Roll LS V8+	7 Tofu Tetrazzini Peas and Carrot* Broccoli+ Fresh Fruit	8 Vegetable Parmesan Over WW Penne Pasta Cauliflower+ Peas Fresh Fruit	9 Cheese and Bean Burrito Corn and Peppers* Hash Browns Fruit Cup+
10 Vegetable Quiche Steamed Broccoli+ Cauliflower+ WW Roll Fresh Fruit		11 Spinach Lasagna+ Carrots* Warm Apricots Breadstick	12 Vegetarian Bratwurst Steamed Cabbage+ Capri Vegetables+ WW Bun Fresh Fruit	13 Southwest Black Bean Salad on Romaine+ Macaroni Salad Pineapple Tidbits+ LS V8+	14 Vegetable Pot Pie With Biscuit Topping Broccoli+ Spiced Peaches	15 Veggie Loaf w/ Gravy Mashed Potatoes Broccoli+ WW Roll Fresh Fruit	16 Veggie Sausage French Toast O'Brien Potatoes Fresh Fruit+
17 Vegetarian Chili Mixed Vegetables Brown Rice Fresh Fruit		Office Closed 18 MLK Holiday Delivered on 1/11 Spaghetti with Mushroom Balls Brussels Sprouts+ Cinnamon Apples	19 Soy Crumble Tacos Pinto Beans Vegetable Blend* WW Flour Tortilla Fruit Cup+	20 Asian Tofu Salad Edamame Mandarin Oranges Wheat Crackers LS V8+	21 Creole Baked Tofu over Rice Pilaf California Vegetable Blend+* Peas and Onions Banana	22 Veggie Patty Mashed Potatoes Brussels Sprouts+ Wheat Bread Fresh Fruit	23 Whole Wheat Pasta Primavera Yams Spiced Apples
24 Spaghetti with Marinara and Veggie Chicken Cauliflower+ Fresh Fruit	31 BBQ Soy Patty Potatoes Green Beans Wheat Bread Fresh Fruit+	25 Cheesy Pasta Bake Lima Beans Cauliflower with Red Peppers+ Fresh Fruit	26 Spicy Black Bean Sandwich Mixed Vegetables+ Roasted Potatoes Fresh Fruit	27 Egg Salad+ 3-Bean Salad Marinated Tomatoes Wheat Crackers LS V8+	28 Veggie Nuggets Over Rice Pilaf Spinach* Peas and Onions Fresh Fruit+	29 Swedish Veggie Balls Over WW Noodles Peas Broccoli+ Fresh Fruit	30 Cheese Enchilada Fiesta Corn Pinto Beans Fresh Fruit

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MS & PUREE
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High Vitamin C+ High Vitamin A* High Sodium<> (>1000) LS=Low Sodium WW=Whole Wheat	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. Bake on pan 20	Weekend meals are ordered a week in advanced and delivered FROZEN on Thursdays and Fridays along with your cold meal		Delivered on 12/23 1 Chicken w/Rice Peas Butternut Squash Fruit Juice w/C+	Delivered on 12/28 2 Turkey Sausage Waffles Mashed Potatoes Mixed Berries	
Delivered on 12/29 3 French Toast Pears Scrambled Eggs Mashed Potatoes Fruit Juice w/C+	4 Pork Roast Sweet Potatoes Baked Apples Pureed Brown Rice Pureed Soup	5 Chicken & Dumplings Peas Rutabaga Fruit Juice w/C+	6 Seafood Casserole Broccoli Cherry Cobbler Pureed Soup	7 Chicken Pot Pie Green Beans Mashed Potatoes Mixed Berries	8 BBQ Beef Baked Beans Corn Pureed Soup Fruit Juice w/C+	9 Turkey Sausage Pancakes Scrambled Eggs Mashed Potatoes Fruit Juice w/C+	
10 Western Omelet Pears Scrambled Eggs Mashed Potatoes Fruit Juice w/C+	11 Pot Roast Green Beans & Carrots Pureed Brown Rice Fruit Juice w/C+	12 Chicken Enchilada Corn Broccoli Applesauce	13 Meatloaf Butternut Squash Peach Cobbler Pureed Soup	14 Turkey Bread Stuffing Cranberries Mashed Potatoes Fruit Juice w/C+	15 Chicken w/Rice Peas Butternut Squash Fruit Juice w/C+	16 Turkey Sausage Waffles Mashed Potatoes Mixed Berries	
17 French Toast Pears Scrambled Eggs Mashed Potatoes Fruit Juice w/C+	18 Office Closed MLK Holiday Delivered on 1/11 Pork Roast Sweet Potatoes Baked Apples Pureed Brown Rice Pureed Soup	19 Chicken & Dumplings Peas Rutabaga Fruit Juice w/C+	20 Seafood Casserole Broccoli Cherry Cobbler Pureed Soup	21 Chicken Pot Pie Green Beans Mashed Potatoes Mixed Berries	22 BBQ Beef Baked Beans Corn Pureed Soup Fruit Juice w/C+	23 Turkey Sausage Pancakes Scrambled Eggs Mashed Potatoes Fruit Juice w/C+	
24 Western Omelet Pears Scrambled Eggs Mashed Potatoes Fruit Juice w/C+	25 Pot Roast Green Beans & Carrots Pureed Brown Rice Fruit Juice w/C+	26 Chicken Enchilada Corn Broccoli Applesauce	27 Meatloaf Butternut Squash Peach Cobbler Pureed Soup	28 Turkey Bread Stuffing Cranberries Mashed Potatoes Fruit Juice w/C+	29 Chicken w/Rice Peas Butternut Squash Fruit Juice w/C+	30 Turkey Sausage Waffles Mashed Potatoes + Mixed Berries	31 French Toast Pears Scrambled Eggs Mashed Potatoes Fruit Juice w/C+

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RENAL MENU

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High Vitamin C+ High Vitamin A* High Sodium<> (>1000) LS=Low Sodium WW=Whole Wheat		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. Bake on pan for 20 mins	Weekend meals are ordered a week in advanced and delivered FROZEN on Thursdays and Fridays along with your cold meal		Delivered on 12/23 1 Pot Roast Rotini Pasta Green Beans Pears Cole Slaw	Delivered on 12/28 2 Chicken and Rice Casserole Broccoli+ Baby Carrots* Fresh Fruit
Delivered on 12/29 3 Egg Frittata with Vegetables Capri Vegetables Apple Sauce+ White Bread		4 Meat Loaf Carrots* White Rice Romaine & Cucumber Fruit Cocktail	5 Chicken w/Vegetables Carrots White Rice Fruit Cocktail	6 Chicken Noodle Soup (Low Sodium) Vegetarian Chili	7 Turkey Carrots & Peas* Rotini Pasta Romaine & Cucumber Peaches	8 Pot Roast Rotini Pasta Green Beans Cole Slaw Pears	9 Chicken and Rice Casserole Broccoli+ Baby Carrots* Fresh Fruit
10 Egg Frittata with Vegetables Capri Vegetables Apple Sauce+ White Bread		11 Meat Loaf Carrots* White Rice Romaine & Cucumber Fruit Cocktail	12 Chicken w/Vegetables Carrots White Rice Fruit Cocktail	13 Chicken Noodle Soup (Low Sodium) Vegetarian Chili	14 Turkey Carrots & Peas* Rotini Pasta Romaine & Cucumber Peaches	15 Pot Roast Rotini Pasta Green Beans Cole Slaw Pears	16 Chicken and Rice Casserole Broccoli+ Baby Carrots* Fresh Fruit
17 Egg Frittata with Vegetables Capri Vegetables Apple Sauce+ White Bread		Office Closed 18 MLK Holiday Delivered on 1/11 Meat Loaf Carrots* White Rice Romaine & Cucumber Fruit Cocktail	19 Chicken w/Vegetables Carrots White Rice Fruit Cocktail	20 Chicken Noodle Soup (Low Sodium) Vegetarian Chili	21 Turkey Carrots & Peas* Rotini Pasta Romaine & Cucumber Peaches	22 Pot Roast Rotini Pasta Green Beans Cole Slaw Pears	23 Chicken and Rice Casserole Broccoli+ Baby Carrots* Fresh Fruit
24 Egg Frittata Vegetables Capri Vegetables Apple Sauce+ White Bread	31 Egg Frittata with Vegetables Capri Vegetables Apple Sauce+ White Bread Fruit	25 Meat Loaf Carrots* White Rice Romaine & Cucumber Fruit Cocktail	26 Chicken w/Vegetables Carrots White Rice Fruit Cocktail	27 Chicken Noodle Soup (Low Sodium) Vegetarian Chili	28 Turkey Carrots & Peas* Rotini Pasta Romaine & Cucumber Peaches	29 Pot Roast Rotini Pasta Green Beans Cole Slaw Pears	30 Chicken Rice Casserole Broccoli+ Baby Carrots* Fresh Fruit

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