







# May 2021



## REGULAR MENU

510-894-0370

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
High Vitamin C+ High Vitamin A* High Sodium<> (>1000) LS=Low Sodium	<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.	Weekend meals are ordered a week in advanced and delivered FROZEN on Thursdays and Fridays along with your cold meal.			1 Florentine Stuffed Shells with Meat Sauce Northern Beans Mixed Vegetables
2 Grilled Chicken with Teriyaki Rice Sweet Potatoes Brussels Sprouts Fruit	3 Turkey Sausage French Toast Breakfast Potatoes Apple sauce Fruit Juice w/C+	4 Meat Loaf with Gravy Mashed Potatoes Broccoli+ Whole Wheat Roll Fruit	5 Southwest Chicken Salad on Romaine+ Pasta & Vegetable Salad Pineapple Tidbits LS V8+	6 Creole Baked Fish over Rice Pilaf California Veggies+* Peas and Onions Banana	7 Salisbury Steak Mashed Potatoes Brussels Sprouts+ Wheat Bread Fruit	8 Mushroom Swiss Chicken Peas and Carrots* Stewed Tomatoes WW Roll & Fruit+
9 Apricot Chicken with Rice, Carrots * Brussels Sprouts Wheat Bread Fruit Cup+	10 Vegetarian Chili Mixed Vegetables* Green Beans Corn Muffin Fruit	11 Breaded Catfish Herbed Orzo Broccoli+ Corn w/Red Peppers* Fresh Fruit	12 Chicken Ranch Salad on Romaine+ 3-Bean Salad, Marinated Tomatoes+ Graham Cracker & LS V8+	13 Chicken Pot Pie Biscuit Topping Herbed Cauliflower+ Spiced Peaches	14 Beef Stew Mashed Potatoes Spinach* Wheat Roll Fruit+	15 Honey Mustard Chicken Sweet Potatoes Brussels Sprouts+ WW Roll & Fruit
16 Chimichurri Chicken Stewed Tomatoes Black Beans and Corn WW Bread & Fruit	17 Vegetarian Quiche Cauliflower Broccoli+ Wheat Roll Fruit	18 Swedish Meatballs Over WW Noodles Peas Broccoli+ Fruit	19 Egg Salad on Romaine+ Pineapple Coleslaw+ Fruit Cocktail Wheat Crackers LS V8+	20 Chicken Cordon Bleu Over Rice Pilaf Spinach* Peas and Onions Fruit+	21 Beef Tacos with Pinto Beans Vegetable Blend* WW Tortilla Fruit Cup+	22 Three Layer Spinach and Beef Lasagna Corn with Peppers Fruit
23 Bruschetta Chicken Red Skin Potatoes Autumn Blend Veggies WW Roll & Fruit	24 Spaghetti with Mushroom Balls Brussels Sprouts+ Cinnamon Apples	25 Pulled Pork Steamed Cabbage+ Capri Vegetables+ Whole Wheat Bun Fruit	26 Orange, Brown Rice, and Chicken Salad Marinated Tomatoes+ Peaches, Wheat Crackers & LS V8+	27 Turkey Tetrazzini Green Beans Mixed Vegetables+* Fruit	28 Chicken Parmesan WW Penne Pasta Cauliflower+ Broccoli+ Fruit	29 Southwestern Chicken Tenders Sweet Potatoes, Broccoli+, Whole Wheat Roll Fruit
30 BBQ Chicken Stewed Tomatoes Sweet Potatoes Whole Wheat Bread Fresh Fruit	31 <b>MEMORIAL DAY</b> Meal Delivered 5/24 Three Cheese Ravioli in Spinach Alfredo Mixed Vegetables Cauliflower+ & Fruit		<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		<i>LIFE Meals on Wheels thanks the following organizations for their financial support: Alameda County Area Agency on Aging</i>	



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## VEGETARIAN MENU

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
High Vitamin C+ High Vitamin A* High Sodium<> (>1000) LS=Low Sodium	<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.	Weekend meals are ordered a week in advanced and delivered <b>FROZEN</b> on Thursdays and Fridays along with your cold meal.	<b>Happy Cinco De Mayo!</b>		1 <b>Meatless Chicken^^ Spaghetti w/ Marinara Cauliflower+, Green Beans Fruit+</b>
2 <b>Cheese, Rice and Bean Burrito Hash Browns Fruit+</b>	3 <b>Veggie Sausage French Toast Breakfast Potatoes Applesauce Fruit Juice w/C+</b>	4 <b>Veggie Loaf with Gravy Mashed Potatoes Broccoli+ Whole Wheat Roll Fruit</b>	5 <b>Southwest Black Bean Salad on Romaine+ Pasta &amp; Vegetable Salad Pineapple Tidbits LS V8+</b>	6 <b>Creole Baked Tofu Rice Pilaf California Veggies+ Peas and Onions Banana</b>	7 <b>Veggie Patty Mashed Potatoes Brussels Sprouts+ Wheat Bread Fruit</b>	8 <b>Macaroni and Cheese Stewed Tomatoes Baby Carrots* Fruit+</b>
9 <b>Veggie Sausage French Toast O'Brien Potatoes Fruit Cup+</b>	10 <b>Vegetarian Chili Mixed Vegetables* Green Beans Corn Muffin Fruit</b>	11 <b>Veggie Nuggets Herbed Orzo Broccoli+ Corn w/Red Peppers* Fruit</b>	12 <b>Lentil Salad with Lemon on Romaine+ 3-Bean Salad Marinated Tomatoes+ Graham Crackers, LS V8+</b>	13 <b>Vegetable Pot Pie With Biscuit Topping Herbed Cauliflower+ Spiced Peaches</b>	14 <b>Vegetable Stew Mashed Potatoes Spinach* Wheat Roll Fruit+</b>	15 <b>Veggie Patty Broccoli+ Mixed Vegetables* Wheat Roll Fresh Fruit</b>
16 <b>Egg Frittata with Vegetables Potato Medley* Wheat Bread Fruit</b>	17 <b>Vegetarian Quiche Cauliflower Broccoli+ Wheat Roll Fruit</b>	18 <b>Swedish Veggie Meatballs WW Noodles, Peas, Broccoli+ Fruit</b>	19 <b>Egg Salad on Romaine+ Pineapple Coleslaw+ Fruit Cocktail Wheat Crackers LS V8+</b>	20 <b>Veggie Patty Rice Pilaf Spinach* Peas and Onions Fruit+</b>	21 <b>Beef Crumble Tacos Pinto Beans Vegetable Blend* WW Flour Tortilla Fruit Cup+</b>	22 <b>Cheese Omelet Capri Vegetables+ Potatoes Bran Muffin Fresh Fruit+</b>
23 <b>Black Bean Stew Brown Rice Broccoli+ Fruit</b>	24 <b>Spaghetti with Mushroom Balls Brussels Sprouts+ Cinnamon Apples</b>	25 <b>Veggie Bratwurst Steamed Cabbage+ Capri Vegetables+ Whole Wheat Bun Fruit</b>	26 <b>Orange, Brown Rice, and Bean Salad Marinated Tomatoes+ Peaches, Wheat Crackers LS V8+</b>	27 <b>Tofu Tetrazzini Green Beans Mixed Vegetables+* Fruit</b>	28 <b>Eggplant Parmesan WW Penne Pasta Cauliflower+ Broccoli+ Fresh Fruit</b>	29 <b>Cheesy Squash Casserole Peas Brown Rice Fruit</b>
30 <b>Chef's Choice Veg 1 Veg 2 Wheat Bread Fresh Fruit+</b>	31 <b>MEMORIAL DAY</b> <b>Meal Delivered 5/24</b> <b>Three Cheese Ravioli in Spinach Alfredo Mixed Vegetables Cauliflower+ Fruit</b>		<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			<b>LIFE Meals on Wheels thanks the following organizations for their financial support: Alameda County Area Agency on Aging</b>



# May 2021



**MS PUREE**  
510-894-0370

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
High Vitamin C+ High Vitamin A* High Sodium<> (>1000) LS=Low Sodium	<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.	Weekend meals are ordered a week in advanced and delivered FROZEN on Thursdays and Fridays along with your cold meal.	<b>Happy Cinco De Mayo!</b>		1 Turkey Sausage Waffles Mashed Potatoes Mixed Berries
2 Scrambled Eggs French Toast Pears Mashed Potatoes Fruit Juice w/C	3 Pork Roast Sweet Potatoes Baked Apples Pureed Brown Rice Pureed Soup	4 Chicken & Dumplings Peas Rutabaga Fruit Juice w/C+	5 Seafood Casserole Broccoli Cherry Cobbler Pureed Soup	6 Chicken Pot Pie Green Beans Mashed Potatoes Mixed Berries	7 BBQ Beef Baked Beans Corn Pureed Soup Fruit Juice w/C+	8 Turkey Sausage Pancakes Scrambled Eggs Mashed Potatoes Fruit Juice w/C+
9 Western Omelet Pears Mashed Potatoes Fruit Juice w/C+	10 Pot Roast Green Beans & Carrots Pureed Brown Rice Fruit Juice w/C+	11 Chicken Enchilada Corn Broccoli Applesauce	12 Meatloaf Butternut Squash Peach Cobbler Pureed Soup	13 Turkey Bread Stuffing Cranberries Mashed Potatoes Fruit Juice w/C+	14 Chicken w/Rice Peas Butternut Squash Fruit Juice w/C+	15 Turkey Sausage Waffles Mashed Potatoes Mixed Berries
16 Scrambled Eggs French Toast Pears Mashed Potatoes Fruit Juice w/C+	17 Pork Roast Sweet Potatoes Baked Apples Pureed Brown Rice Pureed Soup	18 Chicken & Dumplings Peas Rutabaga Fruit Juice w/C+	19 Seafood Casserole Broccoli Cherry Cobbler Pureed Soup	20 Chicken Pot Pie Green Beans Mashed Potatoes Mixed Berries	21 BBQ Beef Baked Beans Corn Pureed Soup Fruit Juice w/C+	22 Turkey Sausage Pancakes Scrambled Eggs Mashed Potatoes Fruit Juice w/C+
23 Western Omelet Pears Mashed Potatoes Fruit Juice w/C+	24 Pot Roast Green Beans & Carrots Pureed Brown Rice Fruit Juice w/C+	25 Chicken Enchilada Corn Broccoli Applesauce	26 Meatloaf Butternut Squash Peach Cobbler Pureed Soup	27 Turkey Bread Stuffing Cranberries Mashed Potatoes Fruit Juice w/C+	28 Chicken w/Rice Peas Butternut Squash Fruit Juice w/C+	29 Turkey Sausage Waffles Mashed Potatoes Mixed Berries
30 Scrambled Eggs French Toast Pears Mashed Potatoes Fruit Juice w/C+	31 <b>MEMORIAL DAY</b> Meal Delivered 5/24 Pork Roast Sweet Potatoes Baked Apples Pureed Brown Rice Pureed Soup		<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		<i>LIFE Meals on Wheels thanks the following organizations for their financial support: Alameda County Area Agency on Aging</i>	






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## RENAL MENU

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
High Vitamin C+ High Vitamin A* High Sodium<> (>1000) LS=Low Sodium	<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.	Weekend meals are ordered a week in advanced and delivered FROZEN on Thursdays and Fridays along with your cold meal.			1 Chicken & Rice Casserole Broccoli+ Baby Carrots* Fruit
2 Egg frittata w/veggies Capri Vegetables Apple Sauce+ White Bread	3 Meat Loaf Carrots* White Rice Romaine & Cucumber Fruit Cocktail	4 Chicken w/Vegetables Carrots White Rice Fruit Cocktail	5 Chicken Noodle Soup (Low Sodium) Vegetarian Chili	6 Turkey Carrots & Peas* Rotini Pasta Romaine & Cucumber Peaches	7 Pot Roast Rotini Pasta Green Beans Pears Cole Slaw	8 Chicken & Rice Casserole Broccoli+ Baby Carrots* Fruit
9 Egg frittata w/veggies Capri Vegetables Apple Sauce+ White Bread	10 Meat Loaf Carrots* White Rice Romaine & Cucumber Fruit Cocktail	11 Chicken w/Vegetables Carrots White Rice Fruit Cocktail	12 Chicken Noodle Soup (Low Sodium) Vegetarian Chili	13 Turkey Carrots & Peas* Rotini Pasta Romaine & Cucumber Peaches	14 Pot Roast Rotini Pasta Green Beans Pears Cole Slaw	15 Chicken & Rice Casserole Broccoli+ Baby Carrots* Fruit
16 Egg frittata w/veggies Capri Vegetables Apple Sauce+ White Bread	17 Meat Loaf Carrots* White Rice Romaine & Cucumber Fruit Cocktail	18 Chicken w/Vegetables Carrots White Rice Fruit Cocktail	19 Chicken Noodle Soup (Low Sodium) Vegetarian Chili	20 Turkey Carrots & Peas* Rotini Pasta Romaine & Cucumber Peaches	21 Pot Roast Rotini Pasta Green Beans Pears Cole Slaw	22 Chicken & Rice Casserole Broccoli+ Baby Carrots* Fruit
23 Egg frittata w/veggies Capri Vegetables Apple Sauce+ White Bread	24 Meat Loaf Carrots* White Rice Romaine & Cucumber Fruit Cocktail	25 Chicken w/Vegetables Carrots White Rice Fruit Cocktail	26 Chicken Noodle Soup (Low Sodium) Vegetarian Chili	27 Turkey Carrots & Peas* Rotini Pasta Romaine & Cucumber Peaches	28 Pot Roast Rotini Pasta Green Beans Pears Cole Slaw	29 Chicken and Rice Casserole Broccoli+ Baby Carrots* Fruit
30 Egg frittata w/veggies Capri Vegetables Apple Sauce+ White Bread	31 <b>MEMORIAL DAY</b> Meal Delivered 5/24 Meat Loaf Carrots* White Rice Romaine & Cucumber Fruit Cocktail		<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		<i>LIFE Meals on Wheels thanks the following organizations for their financial support: Alameda County Area Agency on Aging</i>	