






SEPTEMBER 2021



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>*MICROWAVE: *Cold meals - 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>	<p>1 Tuna Salad over Greens Carrot Raisin Salad* Pineapple Tidbits+ Wheat Roll LS V8+</p>	<p>2 Turkey Tetrazzini Green Beans Mixed Vegetables+* Fresh Fruit</p>	<p>3 Stuffed Chicken with Broccoli Brown Rice Peas and Carrots Brussels Sprouts+ Fresh Fruit</p>	<p>4 Florentine Stuffed Shells with Meat Sauce Northern Beans Mixed Vegetables Fresh Fruit+</p>
<p>5 Honey Mustard Chicken Sweet Potatoes+* Brussels Sprouts+ Whole Wheat Roll Fruit</p>	<p>6 LABOR DAY Cheese Pizza Bean Blend Mixed Vegetables Fresh Fruit Office Closed. Meal Delivered 8/30</p>	<p>7 Meat Loaf with Gravy Mashed Potatoes Broccoli+ Whole Wheat Roll Fresh Fruit</p>	<p>8 Salmon Burger Fiesta Corn Roasted Potatoes Whole Wheat Bun Fresh Fruit+</p>	<p>9 Teriyaki Chicken Chow Mein Noodles Steamed Cabbage+ Carrots* Fresh Banana</p>	<p>10 Pepper Steak Mashed Potatoes Peas & Pearl Onions Whole Wheat Bread Fresh Fruit+</p>	<p>11 Thai Curried Chicken Brown Rice Imperial Vegetables Kale Fruit Cup+</p>
<p>12 Grandparent's Day! Turkey Florentine Pasta Spinach Garden Veggies Fresh Fruit</p> 	<p>13 Vegetable and Black Bean Fajitas Fiesta Corn Wheat Tortilla Fresh Fruit</p>	<p>14 Creole Baked Fish Rice Pilaf California Vegetable Blend+* Brussels Sprouts+ Banana</p>	<p>15 Chicken Ranch Salad on Romaine+ 3-Bean Salad Beets Bran Muffin LS V8+</p>	<p>16 Turkey Chili Brown Rice Capri Vegetables* Fresh Fruit+</p>	<p>17 Pasta, Beef, and Tomato Casserole Cauliflower+ Carrot Coins* Seasonal Fresh Fruit</p>	<p>18 Mongolian Beef and Mushrooms Jasmine Rice Broccoli+ Fresh Fruit</p>
<p>19 Chicken Chilaquiles Mixed Vegetables Broccoli+ Tortilla Chips Fresh Fruit</p>	<p>20 Veggie Sausage French Toast Breakfast Potatoes Warm Applesauce Fruit Juice w/C+</p>	<p>21 Swedish Meatballs Over WW Noodles Mixed Vegetables Broccoli+ Fresh Fruit</p>	<p>22 Asian Chicken Salad Noodles*+ Edamame, Mandarin Oranges Wheat Crackers LS V8+</p>	<p>23 Chicken Pot Pie With Biscuit Topping Spinach Spiced Peaches</p>	<p>24 Beef Tacos Pinto Beans Vegetable Blend* WW Tortilla Fruit Cup+</p>	<p>25 Chicken and Tortellini Pasta Tomato and Spinach Soup Fresh Fruit</p>
<p>26 Turkey Sausage Egg Patty with Enchilada Sauce Cheddar Skillet Browns Fresh Fruit</p>	<p>27 Whole Wheat Spaghetti with Mushroom Balls Brussels Sprouts+ Cinnamon Apples</p>	<p>28 Pulled Pork Steamed Cabbage+ Capri Vegetables+ Whole Wheat Bun Fresh Fruit</p>	<p>29 Potato Crusted Fish Brown Rice Green Beans Stewed Tomatoes Fresh Fruit</p>	<p>30 Chicken Parmesan WW Penne Pasta Cauliflower+ Broccoli+ Fresh Fruit</p> 	<p>September is Healthy Aging Month!</p> 	

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






SEPTEMBER 2021



VEGETARIAN MENU

510-894-0370

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>KEY</p> <p>+ = High Vit C</p> <p>* = High Vit A</p> <p><> = High Sodium (>1000)</p> <p>LS = Low Sodium</p> <p>WW= Whole Wheat</p>	<p>*MICROWAVE:</p> <p>*Cold meals - 2-3 mins.</p> <p>*Frozen meals - on high for 4- 5 mins</p> <p>*OVEN:</p> <p>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>	<p>1</p> <p>Tu-no Salad over Greens</p> <p>Carrot Raisin Salad*</p> <p>Pineapple Tidbits+</p> <p>Wheat Roll</p> <p>LS V8+</p>	<p>2</p> <p>Tofu Tetrizzini</p> <p>Green Beans</p> <p>Mixed Vegetables+*</p> <p>Fresh Fruit</p>	<p>3</p> <p>Spicy Black Bean Patty</p> <p>Brown Rice, Peas and Carrots</p> <p>Brussels Sprouts+</p> <p>Fresh Fruit</p>	<p>4</p> <p>Cheese Omelet</p> <p>Capri Vegetables+ Potatoes</p> <p>Bran Muffin</p> <p>Fresh Fruit+</p>
<p>5</p> <p>Vegetarian Black Bean Stew</p> <p>Brown Rice</p> <p>Broccoli+</p> <p>Fresh Fruit</p>	<p>6</p> <p>LABOR DAY</p> <p>Cheese Pizza</p> <p>Bean Blend</p> <p>Mixed Vegetables</p> <p>Fresh Fruit</p> <p>Office Closed.</p> <p>Meal Delivered 8/30</p>	<p>7</p> <p>Veggie Loaf & Gravy</p> <p>Mashed Potatoes</p> <p>Broccoli+</p> <p>Whole Wheat Roll</p> <p>Fresh Fruit</p>	<p>8</p> <p>Veggie Burger</p> <p>Fiesta Corn</p> <p>Roasted Potatoes</p> <p>Whole Wheat Bun</p> <p>Fresh Fruit+</p>	<p>9</p> <p>Teriyaki Tofu</p> <p>Chow Mein Noodles</p> <p>Steamed Cabbage+</p> <p>Carrots*</p> <p>Fresh Banana</p>	<p>10</p> <p>Plant-Based Pepper Steak</p> <p>Mashed Potatoes</p> <p>Peas & Pearl Onions</p> <p>Whole Wheat Bread</p> <p>Fresh Fruit+</p>	<p>11</p> <p>Macaroni and Cheese</p> <p>Stewed Tomatoes</p> <p>Baby Carrots*</p> <p>1 Fresh Fruit+</p>
<p>12 Grandparent's Day!</p> <p>Veggie Sausage Pancakes</p> <p>O'Brien Potatoes</p> <p>Fruit Cup+</p> 	<p>13</p> <p>Vegetable and Black Bean Fajitas</p> <p>Fiesta Corn</p> <p>Wheat Tortilla</p> <p>Fresh Fruit</p>	<p>14</p> <p>Creole Baked Tofu</p> <p>Rice Pilaf</p> <p>California Vegetable Blend+*</p> <p>Brussels Sprouts+</p> <p>Banana</p>	<p>15</p> <p>Plant-Based Chicken</p> <p>Ranch Salad on Romaine+</p> <p>3-Bean Salad</p> <p>Beets</p> <p>Bran Muffin</p> <p>LS V8+</p>	<p>16</p> <p>Vegetarian Chili</p> <p>Brown Rice</p> <p>Capri Vegetables*</p> <p>Fresh Fruit+</p>	<p>17</p> <p>Pasta Soy Crumble, & Tomato Casserole</p> <p>Cauliflower+</p> <p>Carrot Coins*</p> <p>Fresh Fruit</p>	<p>18</p> <p>Veggie Patty</p> <p>Broccoli+</p> <p>Mixed Vegetables*</p> <p>Wheat Roll</p> <p>Fresh Fruit</p>
<p>19</p> <p>Spaghetti w/ Marinara and Plant-Based Chicken^^</p> <p>Cauliflower+</p> <p>Green Beans</p> <p>Fresh Fruit+</p>	<p>20</p> <p>Veggie Sausage</p> <p>French Toast</p> <p>Breakfast Potatoes</p> <p>Warm Applesauce</p> <p>Fruit Juice w/C+</p>	<p>21</p> <p>Veggie Meatballs</p> <p>WW Noodles</p> <p>Mixed Vegetables</p> <p>Broccoli+</p> <p>Fresh Fruit</p>	<p>22</p> <p>Asian Plant-Based</p> <p>Chicken Salad</p> <p>Noodles*+</p> <p>Edamame</p> <p>Mandarin Oranges</p> <p>Wheat Crackers</p> <p>LS V8+</p>	<p>23</p> <p>Plant-Based Chicken</p> <p>Pot Pie with Biscuit Topping</p> <p>Spinach</p> <p>Spiced Peaches</p>	<p>24</p> <p>Soy Crumble Tacos</p> <p>Pinto Beans</p> <p>Vegetable Blend*</p> <p>WW Tortilla</p> <p>Fruit Cup+</p>	<p>25</p> <p>Cheesy Squash Casserole</p> <p>Green Beans</p> <p>Stewed Tomatoes</p> <p>Fresh Fruit+</p>
<p>26</p> <p>Cheesy Squash Casserole</p> <p>Green Beans</p> <p>Stewed Tomatoes</p> <p>Fresh Fruit+</p>	<p>27</p> <p>Whole Wheat Spaghetti with Mushroom Balls</p> <p>Brussels Sprouts+</p> <p>Cinnamon Apples</p>	<p>28</p> <p>Veggie Bratwurst</p> <p>Steamed Cabbage+</p> <p>Capri Vegetables+</p> <p>Whole Wheat Bun</p> <p>Fresh Fruit</p>	<p>29</p> <p>Breaded Plant-Based</p> <p>Chicken Patty</p> <p>Brown Rice</p> <p>Green Beans</p> <p>Stewed Tomatoes</p> <p>Fresh Fruit</p>	<p>30</p> <p>Eggplant Parmesan</p> <p>WW Penne Pasta</p> <p>Cauliflower+</p> <p>Broccoli+</p> <p>Fresh Fruit</p> 	<p>September is Healthy Aging Month!</p> 	




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



SEPTEMBER 2021



MS & PUREE
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	*MICROWAVE: *Cold meals - 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.	1 Meatloaf Butternut Squash Peach Cobbler Pureed Soup	2 Turkey Bread Stuffing Cranberries Mashed Potatoes Fruit Juice w/C+	3 Chicken w/Rice Peas Butternut Squash Fruit Juice w/C+	4 Turkey Sausage Waffles Mashed Potatoes Mixed Berries
5 Western Omelet French Toast Pears Mashed Potatoes Fruit Juice w/C+	6 LABOR DAY Pork Roast Sweet Potatoes Baked Apples Pureed Brown Rice Pureed Soup Meal Delivered 8/30	7 Chicken & Dumplings Peas Rutabaga Fruit Juice w/C+	8 Seafood Casserole Broccoli Cherry Cobbler Pureed Soup	9 Chicken Pot Pie Green Beans Mashed Potatoes Mixed Berries	10 BBQ Beef Baked Beans Corn Pureed Soup Fruit Juice w/C+	11 Turkey Sausage Pancakes Scrambled Eggs Mashed Potatoes Fruit Juice
12 Grandparent's Day!  Western Omelet Pears Mashed Potatoes Fruit Juice w/C+	13 Pot Roast Green Beans & Carrots Pureed Brown Rice Fruit Juice w/C+	14 Chicken Enchilada Corn Broccoli Applesauce	15 Meatloaf Butternut Squash Peach Cobbler Pureed Soup	16 Turkey Bread Stuffing Cranberries Mashed Potatoes Fruit Juice w/C+	17 Chicken w/Rice Peas Butternut Squash Fruit Juice w/C+	18 Turkey Sausage Waffles Mashed Potatoes Mixed Berries
19 Western Omelet French Toast Pears Mashed Potatoes Fruit Juice w/C+	20 Pork Roast Sweet Potatoes Baked Apples Pureed Brown Rice Pureed Soup	21 Chicken & Dumplings Peas Rutabaga Fruit Juice w/C+	22 Seafood Casserole Broccoli Cherry Cobbler Pureed Soup	23 Chicken Pot Pie Green Beans Mashed Potatoes Mixed Berries	24 BBQ Beef Baked Beans Corn Pureed Soup Fruit Juice w/C+	25 Turkey Sausage Pancakes Scrambled Eggs Mashed Potatoes Fruit Juice
26 Western Omelet Pears Mashed Potatoes Fruit Juice w/C+	27 Pot Roast Green Beans & Carrots Pureed Brown Rice Fruit Juice w/C+	28 Chicken Enchilada Corn Broccoli Applesauce	29 Meatloaf Butternut Squash Peach Cobbler Pureed Soup	30 Turkey Bread Stuffing Cranberries Mashed Potatoes Fruit Juice w/C		September is Healthy Aging Month! 

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






SEPTEMBER 2021



RENAL MENU

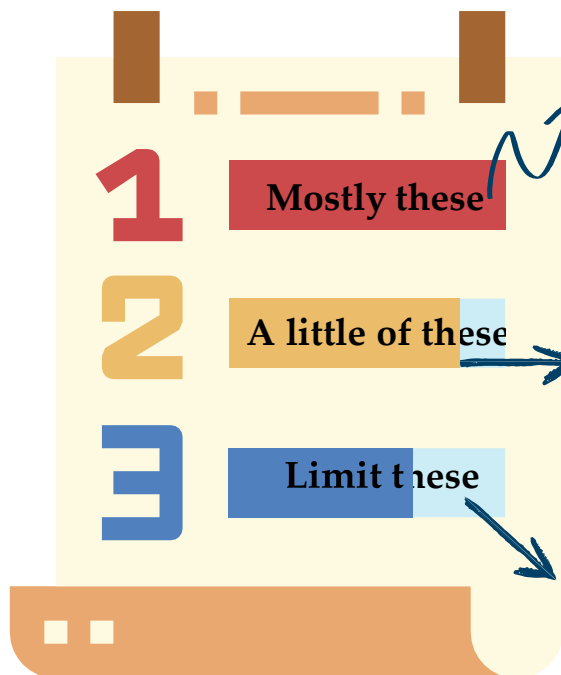
510-894-0370

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>*MICROWAVE: *Cold meals - 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>	<p>1 Chicken Noodle Soup (Low Sodium) Vegetarian Chili</p>	<p>2 Turkey Carrots & Peas* Rotini Pasta Peaches Romaine & Cucumber</p>	<p>3 Pot Roast Rotini Pasta Green Beans Pears Cole Slaw</p>	<p>4 Chicken & Rice Casserole Broccoli+ Baby Carrots* Fresh Fruit</p>
<p>5 Egg Frittata with Vegetables Capri Vegetables Apple Sauce+ White Bread</p>	<p>6 LABOR DAY Meat Loaf Carrots* White Rice Romaine & Cucumber Fruit Cocktail Meal Delivered 8/30</p>	<p>7 Chicken w/Vegetables Carrots White Rice Fruit Cocktail</p>	<p>8 Chicken Noodle Soup (Low Sodium) Vegetarian Chili</p>	<p>9 Turkey Carrots & Peas* Rotini Pasta Peaches Romaine & Cucumber</p>	<p>10 Pot Roast Rotini Pasta Green Beans Pears Cole Slaw</p>	<p>11 Chicken and Rice Casserole Broccoli+ Baby Carrots* Fresh Fruit</p>
<p>12 Grandparent's Day! Egg Frittata with Vegetables Capri Vegetables Apple Sauce+ White Bread</p> 	<p>13 Meat Loaf Carrots* White Rice Romaine & Cucumber Fruit Cocktail</p>	<p>14 Chicken w/Vegetables Carrots White Rice Fruit Cocktail</p>	<p>15 Chicken Noodle Soup (Low Sodium) Vegetarian Chili</p>	<p>16 Turkey Carrots & Peas* Rotini Pasta Peaches Romaine & Cucumber</p>	<p>17 Pot Roast Rotini Pasta Green Beans Pears Cole Slaw</p>	<p>18 Chicken and Rice Casserole Broccoli+ Baby Carrots* Fresh Fruit</p>
<p>19 Egg Frittata with Vegetables Capri Vegetables Apple Sauce+ White Bread</p>	<p>20 Meat Loaf Carrots* White Rice Romaine & Cucumber Fruit Cocktail</p>	<p>21 Chicken w/Vegetables Carrots White Rice Fruit Cocktail</p>	<p>22 Chicken Noodle Soup (Low Sodium) Vegetarian Chili</p>	<p>23 Turkey Carrots & Peas* Rotini Pasta Peaches Romaine & Cucumber</p>	<p>24 Pot Roast Rotini Pasta Green Beans Pears Cole Slaw</p>	<p>25 Chicken and Rice Casserole Broccoli+ Baby Carrots* Fresh Fruit</p>
<p>26 Egg Frittata with Vegetables Capri Vegetables Apple Sauce+ White Bread</p>	<p>27 Meat Loaf Carrots* White Rice Romaine & Cucumber Fruit Cocktail</p>	<p>28 Chicken w/Vegetables Carrots White Rice Fruit Cocktail</p>	<p>29 Chicken Noodle Soup (Low Sodium) Vegetarian Chili</p>	<p>30 Turkey Carrots & Peas* Rotini Pasta Peaches Romaine & Cucumber</p>		<p>September is Healthy Aging Month!</p> 

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

Fitting Carbohydrates in a Diabetic Diet

Carbohydrates in food come in the form of starch, fiber, and sugar. The most important thing to remember when it comes to eating carbohydrates is to choose nutrient-dense carbohydrates. Let's look at the differences in carbohydrates and which ones you should eat more of and less of.



1 Mostly these
Whole unprocessed non-starchy vegetables: These are a great source of fiber and low on the other carbohydrates. Vegetables such as tomatoes, broccoli, dark green leafy lettuce, green beans.



2 A little of these
Minimally processed starchy vegetables and whole grains: These are still nutrient-dense but slightly higher in starch and sugar. Foods such as whole wheat bread, brown rice, apples, blueberries, beans, sweet potatoes, and oatmeal.



3 Limit these
Refined, highly processed carbohydrates such as white bread, white rice, sodas, cookies, cakes and other foods that have added sugars. Check out the nutrition facts label for the total grams of added sugars.

Fiber: a carbohydrate that does not breakdown into sugar molecules as other carbohydrates do. It passes through the body undigested.

Sugar: a carbohydrate found naturally in many foods and can also be added to foods. Limit added sugars.

Starch: when foods are processed and refined like wheat and rice, the white bread and white rice is the starch or endosperm of the grain. It holds the least nutrients and the most sugar.



People with diabetes should aim to get about half their calories from carbohydrates. If you eat about 1800 calories per day that would be 900 calories from carbs. At 4 calories per gram, that's 225 grams of carbs per day. Here's a sample meal with grams of carbs:

- 6 ounces baked chicken breast (0g)
- 1 cup brown rice (45g)
- 1 cup steamed broccoli (12g)
- 2 TBS margarine (0g)
- Total carbs: 57 grams



Rethink Your Drink

If you prefer flavored beverages over water, try adding lemons, limes, or fresh fruit to your water bottle.