OCTOBER 2021

LIFE ElderCare

SOS Service Opportunity for Seniors meals on wheels

REGULAR 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	~MENU ITEMS ARE SUBJECT TO CHANGE~	1 Sweet and Sour Beef over White Rice Baby Carrots* Green Beans Fresh Fruit+	2 Turkey Florentine with Pasta Spinach Garden Vegetables Fresh Fruit
3 Thai Curried Chicken with Brown Rice Imperial Vegetables Kale Fruit Cup+	4 Pasta Primavera+ With WW Rotini Yams*+ Spiced Apples	5 Breaded Catfish Herbed Orzo Broccoli+, Corn w/Red Peppers Fresh Fruit	6 Southwest Chicken Salad on Romaine+ Pasta Veggie Salad Carrot Coins* LS V8+, Fresh Fruit	7 Pork Loin with Country Gravy Brown Rice Mixed Vegetables* Zucchini Fresh Fruit+	8 Chicken Cacciatore+ Over Wheat Pasta Green Beans Cauliflower+ Fresh Fruit	9 Shepard's Pie (Ground Beef, Vegetables and Mashed Potatoes) Capri Vegetables Fresh Fruit
10 Creamy Turkey Potato Soup with Collard Greens Wheat Bread Fresh Fruit	11 Cheesy Pasta Bake Lima Beans Cauliflower with Red Peppers+ Fresh Fruit	12 Salisbury Steak Mashed Potatoes Brussels Sprouts+ Wheat Bread Fresh Fruit	13 Chicken Jambalaya White Rice Capri Vegetables+ Cinnamon Apples	14 BBQ Pork Riblet Pinto Beans Broccoli+ Wheat Bread Fruit	15 Beef Stew Mashed Potatoes Spinach* Wheat Roll Fresh Fruit+	16 Chicken Tortilla Soup Black Beans Southwest Veggies Corn Muffin Fresh Fruit
17 Chicken Adobo with Brown Rice Garden Vegetables Collard Greens Fruit Cup	18 Veggie Sausage Pancakes Breakfast Potatoes Warm Apricots	19 Beef Chow Mein Broccoli+ Mixed Vegetables*+ Fresh Fruit	20 Turkey Chili Brown Rice Capri Vegetables* Fresh Fruit	21 Chicken Dijon over WW Penne Pasta Mixed Vegetables*+ Herb Roasted Potatoes Fresh Fruit	22 Beef Tamales Pinto Beans Mixed Vegetables* Fresh Fruit+	23 Shrimp Alfredo with Penne Pasta Tri-Colored Carrots* Broccoli+
24 Mandarin Orange Chicken Chow Mein Noodles Spinach Imperial Vegetables Fresh Fruit	25 Vegetarian Frittata Cauliflower Broccoli+ Wheat Roll Fresh Fruit	26 Ham w/Raisin Sauce Roasted Potatoes Orzo with Vegetables Fresh Fruit+	27 Brown Rice, Black Bean and Chicken Burrito Bowl Sweet Corn w/ Peppers, Broccoli+ Fresh Fruit	28 Turkey Burger Green Beans Carrots* Wheat Bun Fresh Fruit	29 Beef Stroganoff Egg Noodles Green Peas Baby Carrots* Fresh Fruit+	30 Cream of Mushroom and Chicken Soup, Spinach Salad with Tomatoes, Carrots, and Italian Dressing
31 Pork with Apricot Sauce, Quinoa Tabouli Collard Greens Capri Vegetables Fresh Fruit, HALLOWEEN TREAT	Weekend meals are ordered a week in advanced and delivered FROZEN on Thursdays and Fridays along with your COLD meal	*Microwave: Frozen meals on high for 4-5 mins or cold meals for 2-3 mins.	*Oven: Pre-heat to 350. Remove plastic film. Place on pan for 20-25 mins.	 		

LIFE Meals on Wheels thanks the following organizations for their financial support: Alameda County Area 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**	***~MENU ITEMS ARE SUBJECT TO CHANGE~***	**1** **Sweet and Sour Tofu** **over White Rice** **Baby Carrots*** **Green Beans** Fresh Fruit+	**2** **Spaghetti w/** **Marinara and** **Plant-Based** **Chicken** **Cauliflower+** **Green Beans**
3 **Vegetable and Black Bean Fajitas** **Fiesta Corn** Wheat Tortilla Fruit Cup+	**4** **Pasta Primavera+** **With WW Rotini** **Yams*+** **Spiced Apples**	**5** **Veggie Burger** **Green Beans** **Carrots*** Wheat Bun Fresh Fruit+	**6** **Southwest Plant-Based Chicken** **Salad on Romaine+** **Pasta &Veggie Salad** **Carrot Coins*** LS V8+, Fresh Fruit	**7** **Veggie Loaf with Country Gravy** **Brown Rice** **Mixed Vegetables*** **Zucchini** Fresh Fruit+	**8** **Plant-Based Chicken Cacciatore+** **Over Wheat Pasta** **Green Beans** **Cauliflower+** Fresh Fruit	**9** **Veggie Patty** **Broccoli+** **Mixed Vegetables*** Wheat Roll Fresh Fruit
10 **Veggie Patty** **Broccoli+** **Mixed Vegetables*** Wheat Bread Fresh Fruit	**11** **Cheesy Pasta Bake** **Lima Beans** **Cauliflower with Red Peppers+** Fresh Fruit	**12** **Veggie Loaf** **Mashed Potatoes** **Brussels Sprouts+** Wheat Bread Fresh Fruit	**13** **Plant-Based Chicken Jambalaya** **White Rice** **Capri Vegetables+** **Cinnamon Apples**	**14** **BBQ Tofu** **Pinto Beans** **Broccoli+** Wheat Bread Fresh Fruit	**15** **Bean and Vegetable Stew, Mashed Potatoes, Spinach*** Wheat Roll Fresh Fruit+	**16** **Cheese Omelet** **Capri Vegetables+** **Potatoes** Bran Muffin Fresh Fruit
17 **Macaroni and Cheese** **Stewed Tomatoes** **Baby Carrots*** Fruit Cup	**18** **Veggie Sausage Pancakes** **Breakfast Potatoes** **Warm Apricots**	**19** **Tofu Chow Mein** **Broccoli+** **Mixed Vegetables*+** Fresh Fruit	**20** **Vegetarian Chili** **Brown Rice** **Capri Vegetables*** Fresh Fruit+	**21** **Plant-Based Chicken Dijon** **WW Penne Pasta** **Mixed Vegetables*+** **Herb Roasted Potatoes** Fresh Fruit	**22** **Cheese Tamales** **Pinto Beans** **Mixed Vegetables*** Fresh Fruit+	**23** **Cheesy Squash Casserole** **Green Beans** **Stewed Tomatoes** Fresh Fruit
24 **Veggie Sausage** **French Toast** **Breakfast Potatoes** **Warm Applesauce** Fruit Juice w/C+	**25** **Vegetarian Frittata** **Cauliflower** **Broccoli+** Wheat Roll Fresh Fruit	**26** **Tofu w/Raisin Sauce** **Roasted Potatoes** **Orzo with Vegetables** Fresh Fruit+	**27** **Brown Rice, Black Bean and Plant Based Chicken Burrito Bowl** **Sweet Corn w/ Peppers, Broccoli+** Fresh Fruit	**28** **Breaded Veggie Patty** **Herbed Orzo** **Broccoli+, Corn w/Red Peppers** Fresh Fruit	**29** **Mushroom Stroganoff** **Egg Noodles** **Green Peas** **Baby Carrots*** Fresh Fruit+	**30** **Eggplant Parmesan** **WW Penne Pasta** **Cauliflower+,** **Broccoli+** Fresh Fruit
31 **Cheese, Rice and Bean Burrito** **Hash Browns** **Applesauce+** Fresh Fruit, HALLOWEEN TREAT	**Weekend meals are ordered a week in advanced and delivered FROZEN on Thursdays and Fridays along with your COLD meal**	***Microwave:** **Frozen meals on high for 4-5 mins or cold meals for 2-3 mins.**	***Oven:** **Pre-heat to 350. Remove plastic film. Place on pan for 20-25 mins.**			

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MS & PUREE
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3 **Scrambled Eggs** **French Toast** **Pears** 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** **Mixed Berries** Mashed Potatoes	**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** **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** **Mixed Berries** Mashed Potatoes
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RENAL
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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** Peaches Romaine & Cucumber	**8** **Pot Roast** **Rotini Pasta** **Green Beans** **Pears** Cole Slaw	**9** **Chicken and Rice Casserole** **Broccoli+** **Baby Carrots*** Fresh Fruit
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What's a Healthy Salt Intake?

Salt, also known as sodium chloride (NaCl) is our primary source of dietary sodium. While sodium in small amounts is found naturally in many foods, we consume the most from super-processed food choices. These include, restaurant meals, frozen dinners, chips, crackers, cookies and all that other good stuff we love to eat in abundance.

How much sodium is recommended?

"For optimal heart-health, the American Heart Association recommends people aim to eat **no more than 1,500 milligrams of sodium per day**. That level is associated with a significant reduction in blood pressure, which in turn reduces the risk of heart disease and stroke." [1]Most Americans consume 5 times that amount each day.

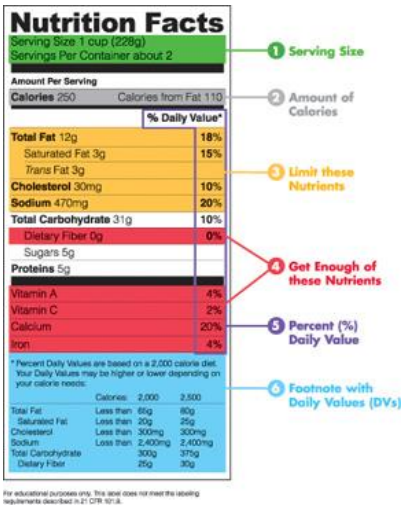
- 1/4 teaspoon salt = 575 mg sodium
- 1/2 teaspoon salt = 1,150 mg sodium
- 3/4 teaspoon salt = 1,725 mg sodium
- 1 teaspoon salt = 2,300 mg sodium

Why do we need it?

Sodium is an essential mineral for life. Sodium, along with other minerals, controls fluid balance in our bodies and maintains blood volume and blood pressure. Eating too much sodium may raise blood pressure and cause fluid retention, which could lead to swelling of the legs and feet or other health issues.

What are the best ways to get the right amount of sodium in our diet?

- Limit your intake of processed, pre-packaged meals and snacks.
- Use herbs and other sodium-free seasonings to flavor and spice up food.
- Cook at home with fresh, whole ingredients.
- Consume fresh fruits and vegetables with all meals and snacks.
- Use low-sodium versions of soy sauce and your other favorite seasonings.
- Avoid adding salt or high sodium sauces to your meals from restaurants.
- Know where to look on the label for the amount of sodium per serving. [2]
  See Nutrition Facts Label. ➔➔➔



[1] http://sodiumbreakup.heart.org

[2] http://www.fda.gov/Food/IngredientsPackagingLabeling/LabelingNutrition/ucm114155.htm