





# NOVEMBER 2021



**REGULAR MENU**  
510-894-0370

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><u>NUTRITIONAL CODE</u> High Vitamin C+ High Vitamin A* High Sodium&lt;&gt;(&gt;1000) LS=Low Sodium WW=Whole Wheat</p>	<p>1 Spinach Lasagna Vegetable Blend Warm Apricots Wheat Bread</p>	<p>2 Teriyaki Chicken over Chow Mein Noodles, Steamed Cabbage+, Carrots* Banana</p>	<p>3 Tuna Salad &amp; Greens Carrot Raisin Salad* Edamame Wheat Roll Fruit+</p>	<p>4 Turkey Tetrazzini Green Beans Mixed Vegetables+* Fruit</p>	<p>5 Stuffed Chicken with Broccoli over Brown Rice Peas and Carrots Brussels Sprouts+ Fruit</p>	<p>6 Minestrone Soup with Beef and Pasta Wheat Crackers Fresh Fruit</p>
<p>7 Cheese Ravioli with Marinara Sauce and Parmesan Cheese, Italian Vegetables Fruit</p>	<p>8 Vegetable Pot Pie With Biscuit Topping Spinach Spiced Peaches</p>	<p>9 Meat Loaf with Gravy Mashed Potatoes Broccoli+ Whole Wheat Roll Fresh Fruit</p>	<p>10 Salmon Burger Fiesta Corn Roasted Potatoes Whole Wheat Bun Fresh Fruit+</p>	<p>11 Office Closed Chicken Tortilla Soup with Black Beans &amp; Southwest Veggies Fruit </p>	<p>12 Pepper Steak, Mashed Potatoes Peas &amp; Pearl Onions Whole Wheat Bread Fruit+</p>	<p>13 Thai Curried Chicken with Brown Rice Imperial Vegetables Kale Fruit Cup+</p>
<p>14 Turkey Florentine with Pasta Spinach Garden Vegetables Fruit</p>	<p>15 Vegetable and Black Bean Fajitas Fiesta Corn Wheat Tortilla Fruit</p>	<p>16 Creole Baked Fish over Rice Pilaf California Veggie Blend+* Brussels Sprouts+ Banana</p>	<p>17 Chicken Ranch Salad on Romaine+ 3-Bean Salad Baby Carrots Bran Muffin Fruit</p>	<p>18 Turkey Chili Brown Rice Capri Vegetables* Fruit+</p>	<p>19 Pasta, Beef, and Tomato Casserole Cauliflower+ Carrot Coins* Fruit</p>	<p>20 Mongolian Beef and Mushrooms Jasmine Rice Broccoli+ Fruit</p>
<p>21 Chicken Chilaquiles with Tortilla Chips Mixed Vegetables Broccoli+ Fruit</p>	<p>22 Veggie Sausage French Toast Breakfast Potatoes Warm Applesauce Fruit Juice w/C+</p>	<p>23 Swedish Meatballs Over WW Noodles Mixed Vegetables Broccoli+ Fruit</p>	<p>24 Potato Crusted Fish over Brown Rice Green Beans Stewed Tomatoes Fruit</p>	<p>25 Thanksgiving Holiday Office Closed Sliced Turkey with Gravy, Stuffing, Mashed Potatoes, Roasted Vegetables, Cranberry Sauce Pumpkin Pie</p>	<p>26 Thanksgiving Holiday Office Closed Beef Burgundy with Red Potatoes and Vegetables, Spinach Wheat Roll Fruit</p>	<p>27 Chicken and Tortellini Pasta Tomato and Spinach Soup Fruit</p>
<p>28 Chicken Adobo on Brown Rice Garden Vegetables Collard Greens Fruit</p>	<p>29 Whole Wheat Spaghetti with Mushroom Balls Brussels Sprouts+ Cinnamon Apples</p>	<p>30 Pulled Pork Steamed Cabbage+ Capri Vegetables+ Whole Wheat Bun Fruit</p>	<p><b>HOLIDAY MEALS</b></p> <p>11/11-----&gt; 11/14-----&gt; 11/25-----&gt; 11/26-----&gt; 11/27-----&gt; 11/28-----&gt;</p>	<p><b>DELIVERED ON:</b></p> <p>11/2 11/9 11/23 11/24 11/22 11/16</p> 	<p><u>*MICROWAVE:</u> *Cold meals - for 2-3 mins. *Frozen meals - on high for 4- 5 mins</p> <p><u>*OVEN:</u> Pre-heat to 350. Remove plastic film. Place on pan for 20 mins</p>	<p><u>STORAGE:</u> *Cold meals - may be stored in fridge for up to 1-2 days</p> <p>*Frozen meals - may be stored in a freezer for up to 2 weeks</p>

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# NOVEMBER 2021



## VEGETARIAN MENU

510-894-0370

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><u>NUTRITIONAL CODE</u>            High Vitamin C+            High Vitamin A*            High Sodium&lt;&gt;(&gt;1000)            LS=Low Sodium            WW=Whole Wheat</p>	<p>1            Spinach Lasagna            Vegetable Blend            Warm Apricots            Wheat Bread</p>	<p>2            Teriyaki Plant-Based            Chicken            Chow Mein Noodles            Steamed Cabbage+            Carrots*            Banana</p>	<p>3            Tu-No Salad over            Greens            Carrot Raisin Salad*            Edamame            Wheat Roll            Fruit+</p>	<p>4            Tofu Tetrazzini            Green Beans            Mixed Vegetables+*            Fruit</p>	<p>5            Veggie Patty            Brown Rice            Peas and Carrots            Brussels Sprouts+            Fruit</p>	<p>6            Cheesy Squash            Casserole            Green Beans            Stewed Tomatoes            Wheat Crackers            Fruit</p>
<p>7            Cheese Ravioli with            Marinara Sauce and            Parmesan Cheese,            Italian Vegetables            Fruit</p>	<p>8            Vegetable Pot Pie            with Biscuit Topping            Spinach            Spiced Peaches</p>	<p>9            Veggie Loaf with            Gravy            Mashed Potatoes            Broccoli+            Whole Wheat Roll            Fruit</p>	<p>10            Veggie Burger            Fiesta Corn            Roasted Potatoes            Whole Wheat Bun            Fruit+</p>	<p>Office Closed 11            Tortilla Soup with            Pinto Beans and Corn            Mixed Vegetables            Brown Rice            Fruit</p> 	<p>12            Plant-Based Pepper            Steak            Mashed Potatoes            Peas &amp; Pearl Onions            Whole Wheat Bread            Fruit+</p>	<p>13            Spaghetti w/            Marinara            Plant-Based            Chicken^^            Cauliflower+            Green Beans            Fruit Cup+</p>
<p>14            Cheese Omelet            Capri Vegetables+            Potatoes            Bran Muffin            Fruit+</p>	<p>15            Vegetable and Black            Bean Fajitas            Fiesta Corn            Wheat Tortilla            Fruit</p>	<p>16            Creole Baked Tofu            over Rice Pilaf            California Vegetable            Blend+*            Brussels Sprouts+            Banana</p>	<p>17            Plant-Based Chicken            Ranch Salad on            Romaine+            3-Bean Salad            Baby Carrots            Bran Muffin            Fruit</p>	<p>18            Vegetarian Chili            Brown Rice            Capri Vegetables*            Fruit+</p>	<p>19            Pasta, Soy Crumble            and Tomato Casserole            Cauliflower+            Carrot Coins*            Fruit</p>	<p>20            Macaroni and            Cheese            Stewed Tomatoes            Baby Carrots*            Fruit+</p>
<p>21            Cheese, Rice and            Bean Burrito            Hash Browns            Applesauce+</p>	<p>22            Veggie Sausage            French Toast            Breakfast Potatoes            Warm Applesauce            Fruit Juice w/C+</p>	<p>23            Swedish Veggie            Meatballs over            WW Noodles            Mixed Vegetables            Broccoli+            Fruit</p>	<p>24            Veggie Nuggets over            Brown Rice            Green Beans            Stewed Tomatoes            Fresh Fruit</p>	<p>Thanksgiving Holiday 25            Office Closed            Sliced Tofurkey with            Gravy, Stuffing,            Mashed Potatoes,            Roasted Vegetables,            Cranberry Sauce            Pumpkin Pie</p>	<p>Thanksgiving Holiday 26            Office Closed            Vegetarian Stew with            Red Potatoes and            Vegetables, Spinach            Wheat Roll            Fruit</p>	<p>27            Veggie Patty            Broccoli+            Mixed Vegetables*            Wheat Roll            Fruit</p>
<p>28            Spicy Black Bean            Patty over Brown            Rice            Peas and Carrots            Brussels Sprouts+            Fruit</p>	<p>29            Whole Wheat            Spaghetti with            Mushroom Balls            Brussels Sprouts+            Cinnamon Apples</p>	<p>30            Veggie Bratwurst            Steamed Cabbage+            Capri Vegetables+            Whole Wheat Bun            Fruit</p>	<p><b>HOLIDAY MEALS</b></p> <p>11/11-----&gt;            11/14-----&gt;            11/25-----&gt;            11/26-----&gt;            11/27-----&gt;            11/28-----&gt;</p>	<p><b>DELIVERED ON:</b></p> <p>11/2            11/9            11/23            11/24            11/22            11/16</p> 	<p><b>*MICROWAVE:</b>            *Cold meals - for 2-3 mins.            *Frozen meals - on high            for 4- 5 mins</p> <p><b>*OVEN:</b>            Pre-heat to 350. Remove            plastic film. Place on pan            for 20 mins</p>	<p><b>STORAGE:</b>            *Cold meals - may be            stored in fridge for up            to 1-2 days</p> <p>*Frozen meals - may be            stored in a freezer for            up to 2 weeks</p>



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**PUREE & MS**  
510-894-0370

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b><u>NUTRITIONAL CODE</u></b> <i>High Vitamin C+</i> <i>High Vitamin A*</i> <i>High Sodium&lt;&gt;(&gt;1000)</i> <i>LS=Low Sodium</i> <i>WW=Whole Wheat</i>	<sup>1</sup> <b>Pork Roast</b> <b>Sweet Potatoes</b> <b>Baked Apples</b> <b>Pureed Brown Rice</b> Pureed Soup	<sup>2</sup> <b>Chicken &amp; Dumplings</b> <b>Peas</b> <b>Rutabaga</b> Fruit Juice w/C+	<sup>3</sup> <b>Seafood Casserole</b> <b>Broccoli</b> <b>Cherry Cobbler</b> Pureed Soup	<sup>4</sup> <b>Chicken Pot Pie</b> <b>Green Beans</b> <b>Mixed Berries</b> Mashed Potatoes	<sup>5</sup> <b>BBQ Beef</b> <b>Baked Beans</b> <b>Corn</b> Pureed Soup Fruit Juice w/C+	<sup>6</sup> <b>Turkey Sausage</b> <b>Pancakes</b> <b>Scrambled Eggs</b> Mashed Potatoes Fruit Juice w/C+
<sup>7</sup> <b>Western Omelet</b> <b>Pears</b> <b>Mashed Potatoes</b> Fruit Juice w/C+	<sup>8</sup> <b>Pot Roast</b> <b>Green Beans &amp; Carrots</b> <b>Pureed Brown Rice</b> Fruit Juice w/C+	<sup>9</sup> <b>Chicken Enchilada</b> <b>Corn</b> <b>Broccoli</b> Applesauce	<sup>10</sup> <b>Meatloaf</b> <b>Butternut Squash</b> <b>Peach Cobbler</b> Pureed Soup	<sup>11</sup> <b>Office Closed</b> <b>Turkey</b> <b>Bread Stuffing</b> <b>Cranberries</b> <b>Mashed Potatoes</b> Fruit Juice w/C+ 	<sup>12</sup> <b>Chicken w/Rice</b> <b>Peas</b> <b>Butternut Squash</b> Fruit Juice w/C+	<sup>13</sup> <b>Turkey Sausage</b> <b>Waffles</b> <b>Mixed Berries</b> Mashed Potatoes
<sup>14</sup> <b>Scrambled Eggs</b> <b>French Toast</b> <b>Pears</b> Mashed Potatoes Fruit Juice w/C+	<sup>15</sup> <b>Pork Roast</b> <b>Sweet Potatoes</b> <b>Baked Apples</b> <b>Pureed Brown Rice</b> Pureed Soup	<sup>16</sup> <b>Chicken &amp; Dumplings</b> <b>Peas</b> <b>Rutabaga</b> Fruit Juice w/C+	<sup>17</sup> <b>Seafood Casserole</b> <b>Broccoli</b> <b>Cherry Cobbler</b> Pureed Soup	<sup>18</sup> <b>Chicken Pot Pie</b> <b>Green Beans</b> <b>Mixed Berries</b> Mashed Potatoes	<sup>19</sup> <b>BBQ Beef</b> <b>Baked Beans</b> <b>Corn</b> Pureed Soup Fruit Juice w/C+	<sup>20</sup> <b>Turkey Sausage</b> <b>Pancakes</b> <b>Scrambled Eggs</b> Mashed Potatoes Fruit Juice w/C+
<sup>21</sup> <b>Western Omelet</b> <b>Pears</b> <b>Mashed Potatoes</b> Fruit Juice w/C+	<sup>22</sup> <b>Pot Roast</b> <b>Green Beans &amp; Carrots</b> <b>Pureed Brown Rice</b> Fruit Juice w/C+	<sup>23</sup> <b>Chicken Enchilada</b> <b>Corn</b> <b>Broccoli</b> Applesauce	<sup>24</sup> <b>Meatloaf</b> <b>Butternut Squash</b> <b>Peach Cobbler</b> Pureed Soup	<sup>25</sup> <b>Thanksgiving Holiday</b> <b>Office Closed</b> <b>Turkey</b> <b>Bread Stuffing</b> <b>Cranberries</b> <b>Mashed Potatoes</b> Fruit Juice w/C+	<sup>26</sup> <b>Thanksgiving Holiday</b> <b>Office Closed</b> <b>Chicken w/Rice</b> <b>Peas</b> <b>Butternut Squash</b> Fruit Juice w/C+	<sup>27</sup> <b>Turkey Sausage</b> <b>Waffles</b> <b>Mixed Berries</b> Mashed Potatoes
<sup>28</sup> <b>Scrambled Eggs</b> <b>French Toast</b> <b>Pears</b> Mashed Potatoes Fruit Juice w/C+	<sup>29</sup> <b>Pork Roast</b> <b>Sweet Potatoes</b> <b>Baked Apples</b> <b>Pureed Brown Rice</b> Pureed Soup	<sup>30</sup> <b>Chicken &amp; Dumplings</b> <b>Peas</b> <b>Rutabaga</b> Fruit Juice w/C+	<b>HOLIDAY MEALS</b> 11/11-----> 11/14-----> 11/25-----> 11/26-----> 11/27-----> 11/28----->	<b>DELIVERED ON:</b> 11/2 11/9 11/23 11/24 11/22 11/16 	<b>*MICROWAVE:</b> <i>*Cold meals - for 2-3 mins.</i> <i>*Frozen meals - on high for 4- 5 mins</i>  <b>*OVEN:</b> <i>Pre-heat to 350. Remove plastic film. Place on pan for 20 mins</i>	<b>*STORAGE:</b> <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>



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# NOVEMBER 2021



**RENAL**  
510-894-0370

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b><u>NUTRITIONAL CODE</u></b> High Vitamin C+ High Vitamin A* High Sodium<>(>1000) LS=Low Sodium WW=Whole Wheat	1 <b>Meat Loaf</b> <b>Carrots*</b> <b>White Rice</b> Romaine & Cucumber Fruit Cocktail	2 <b>Chicken w/Vegetables</b> <b>Carrots</b> <b>White Rice</b> Fruit Cocktail	3 <b>Chicken Noodle Soup</b> <b>(Low Sodium)</b> <b>Vegetarian Chili</b>	4 <b>Turkey</b> <b>Carrots &amp; Peas*</b> <b>Rotini Pasta</b> Romaine & Cucumber Peaches	5 <b>Pot Roast</b> <b>Rotini Pasta</b> <b>Green Beans</b> Cole Slaw Pears	6 <b>Chicken and Rice</b> <b>Casserole</b> <b>Broccoli+</b> <b>Baby Carrots*</b> Fruit
7 <b>Egg Frittata with</b> <b>Vegetables</b> <b>Capri Vegetables</b> <b>Apple Sauce+</b> White Bread	8 <b>Meat Loaf</b> <b>Carrots*</b> <b>White Rice</b> Romaine & Cucumber Fruit Cocktail	9 <b>Chicken w/Vegetables</b> <b>Carrots</b> <b>White Rice</b> Fruit Cocktail	10 <b>Chicken Noodle Soup</b> <b>(Low Sodium)</b> <b>Vegetarian Chili</b>	11 <b>Office Closed</b> <b>Turkey</b> <b>Carrots &amp; Peas*</b> <b>Rotini Pasta</b> Romaine & Cucumber Peaches 	12 <b>Pot Roast</b> <b>Rotini Pasta</b> <b>Green Beans</b> Cole Slaw Pears	13 <b>Chicken and Rice</b> <b>Casserole</b> <b>Broccoli+</b> <b>Baby Carrots*</b> Fruit
14 <b>Egg Frittata with</b> <b>Vegetables</b> <b>Capri Vegetables</b> <b>Apple Sauce+</b> White Bread	15 <b>Meat Loaf</b> <b>Carrots*</b> <b>White Rice</b> Romaine & Cucumber Fruit Cocktail	16 <b>Chicken w/Vegetables</b> <b>Carrots</b> <b>White Rice</b> Fruit Cocktail	17 <b>Chicken Noodle Soup</b> <b>(Low Sodium)</b> <b>Vegetarian Chili</b>	18 <b>Turkey</b> <b>Carrots &amp; Peas*</b> <b>Rotini Pasta</b> Romaine & Cucumber Peaches	19 <b>Pot Roast</b> <b>Rotini Pasta</b> <b>Green Beans</b> Cole Slaw Pears	20 <b>Chicken and Rice</b> <b>Casserole</b> <b>Broccoli+</b> <b>Baby Carrots*</b> Fruit
21 <b>Egg Frittata with</b> <b>Vegetables</b> <b>Capri Vegetables</b> <b>Apple Sauce+</b> White Bread	22 <b>Meat Loaf</b> <b>Carrots*</b> <b>White Rice</b> Romaine & Cucumber Fruit Cocktail	23 <b>Chicken w/Vegetables</b> <b>Carrots</b> <b>White Rice</b> Fruit Cocktail	24 <b>Chicken Noodle Soup</b> <b>(Low Sodium)</b> <b>Vegetarian Chili</b>	25 <b>Thanksgiving Holiday</b> <b>Office Closed</b> <b>Turkey</b> <b>Carrots &amp; Peas*</b> <b>Rotini Pasta</b> Romaine & Cucumber Peaches	26 <b>Thanksgiving Holiday</b> <b>Office Closed</b> <b>Pot Roast</b> <b>Rotini Pasta</b> <b>Green Beans</b> Cole Slaw Pears	27 <b>Chicken and Rice</b> <b>Casserole</b> <b>Broccoli+</b> <b>Baby Carrots*</b> Fruit
28 <b>Egg Frittata with</b> <b>Vegetables</b> <b>Capri Vegetables</b> <b>Apple Sauce+</b> White Bread	29 <b>Meat Loaf</b> <b>Carrots*</b> <b>White Rice</b> Romaine & Cucumber Fruit Cocktail	30 <b>Chicken w/Vegetables</b> <b>Carrots</b> <b>White Rice</b> Fruit Cocktail	<b>HOLIDAY MEALS</b> 11/11-----> 11/14-----> 11/25-----> 11/26-----> 11/27-----> 11/28----->	<b>DELIVERED ON:</b> 11/2 11/9 11/23 11/24 11/22 11/16 	<b>*MICROWAVE:</b> <b>*Cold meals - for 2-3 mins.</b> <b>*Frozen meals - on high</b> <b>for 4- 5 mins</b>  <b>*OVEN:</b> <b>Pre-heat to 350. Remove</b> <b>plastic film. Place on pan</b> <b>for 20 mins</b>	<b>*STORAGE:</b> <b>*Cold meals - may be</b> <b>stored in fridge for</b> <b>up to 1-2 days</b>  <b>*Frozen meals - may</b> <b>be stored in a</b> <b>freezer for up to 2</b> <b>weeks</b>

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# Fall Fruits & Vegetables

The colder months bring on an abundance of hearty, nutritious, seasonal vegetables. Many with deep orange and bright green colors packed with nutrients.



**Pumpkin:** full of fiber and beta-carotene, which provides its vibrant orange color. Beta-carotene converts into vitamin A in the body, which is great for your skin and eyes.



## Sweet Potato

Sweet potatoes are full of fiber and vitamin A. They are also a good source of potassium and vitamin C.



## Pears

Pears are the most delicious in the fall when they're at their peak. Pears are unique in that they do not ripen on the tree; they will ripen at room temperature after they're picked.



## Cranberries

They contain a compound called proanthocyanidin which may prevent harmful bacteria from sticking to your bladder wall. Dried cranberries are delicious in grain and vegetable salads and make a healthy snack on the go.



## Kale

One cup of raw kale has only 8 calories and is loaded with vitamins A, C and K as well as manganese. Kale is great sautéed and cooked in soup, but also is excellent raw in salad.

## Spaghetti Squash

Spaghetti squash is a fun vegetable. Cut it in half to reveal a pocket of seeds; scoop those out and pop the two halves into the microwave or oven and cook until tender. Scrape a fork into the flesh and spaghetti-like strands appear!



## Okra

Okra commonly is fried, but also is wonderful in other forms. If you wish to minimize the thickening property, try okra briefly stir-fried. The pods are high in vitamins K and C, a good source of fiber, an excellent source of folate and low in calories.



## Rethink Your Drink

Try a hot herbal tea flavored with real cinnamon, nutmeg or ginger to keep you warm and bring in the cozy holiday feelings.

