






January 2022



REGULAR MENU

510-894-0370

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 HAPPY NEW YEAR	**Reminder** January 1 st -3 rd meals were delivered in December. January 17 MLK Day no delivery. Meal delivered January 10 th	4 Meat Loaf with Gravy Mashed Potatoes Broccoli+ Whole Wheat Roll Fruit	5 Potato Crusted Fish over Brown Rice Green Beans Stewed Tomatoes Fruit	6 Cheesy Broccoli and Chicken Casserole Carrots* Peas Fruit	7 Swedish Meatballs Over WW Noodles Mixed Vegetables Zucchini Fruit	8 Chicken Tortilla Soup with Black Beans and Southwest Vegetables Fruit
9 Turkey Florentine with Pasta Spinach Garden Vegetables Fruit	MLK Meal Delivered 10 Vegetable and Black Bean Fajitas Fiesta Corn Wheat Tortilla Fruit	11 Creole Baked Fish over Rice Pilaf California Veggie Blend+* Brussel Sprouts+ Banana	12 Chicken Ranch Salad on Romaine+ 3-Bean Salad Baby Carrots Bran Muffin Fruit	13 Turkey Chili Brown Rice Capri Vegetables* Fruit+	14 Pasta, Beef, and Tomato Casserole Cauliflower+ Carrot Coins* Fruit	15 Mongolian Beef and Mushrooms with Jasmine Rice Broccoli+ Fruit
16 Chicken Chilaquiles with Tortilla Chips Mixed Vegetables Broccoli+ Fruit	Holiday Office Closed 17 MLK Day Cheese Ravioli with Marinara Sauce, Parmesan Cheese, Italian Vegetables Fruit 	18 Pepper Steak Mashed Potatoes Peas & Pearl Onions Whole Wheat Bread Fruit+	19 Southwestern Turkey Casserole Broccoli and Cauliflower+ Cinnamon Apples	20 Sweet and Sour Pork with Brown Rice, Sesame Green Beans Carrots* Fruit	21 Sloppy Joes Roasted Potatoes Mixed Vegetables Whole Wheat Roll Fruit	22 Tomato and Spinach Soup with Chicken and Tortellini Pasta Fruit
23 Chicken Adobo on Brown Rice with Garden Vegetables Collard Greens Fruit	24 Spinach Lasagna Vegetable Blend Warm Apricots Wheat Bread	25 Pulled Pork Steamed Cabbage+ Capri Vegetables+ Whole Wheat Bun Fruit	26 Tuna Salad over Greens, Carrot Raisin Salad* Edamame Wheat Roll Fruit+	27 Turkey Tetrazzini Green Beans Mixed Vegetables+* Fruit	28 Stuffed Chicken with Broccoli over Brown Rice Peas and Carrots Brussels Sprouts+ Fruit	29 Minestrone Soup with Beef & Pasta Wheat Crackers Fruit
30 Mandarin Orange Chicken with Chow Mein Noodles, Spinach Imperial Veggies Fruit	31 Veggie Sausage French Toast Breakfast Potatoes Mixed Vegetables Fruit Juice w/C+	High Vitamin C=+ High Vitamin A=* High Sodium (>1000mg) =<>	*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: 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 Agency on Aging






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VEGETARIAN

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	**Reminder** January 1 st -3 rd meals were delivered in December. January 17 MLK Day no delivery. Meal delivered January 10 th	4 Veggie Loaf with Gravy Mashed Potatoes Broccoli+ Whole Wheat Roll Fruit	5 Veggie Nuggets over Brown Rice Green Beans Stewed Tomatoes Fruit	6 Cheesy Broccoli and Plant-Based Chicken Casserole Carrots* Peas Fruit	7 Swedish Veggie Balls Over WW Noodles Mixed Veggies Zucchini fruit	8 Spicy Black Bean Patty over Brown Rice Peas and Carrots Brussel Sprouts+ Fruit
9 Cheese Omelet Capri Vegetables+ Potatoes Bran Muffin Fruit+	MLK Meal Delivered 10 Vegetable and Black Bean Fajitas Fiesta Corn Wheat Tortilla Fresh Fruit	11 Creole Baked Tofu over Rice Pilaf California Vegetable Blend+* Brussel Sprouts+ Banana	12 Plant-Based Chicken Ranch Salad on Romaine+ 3-Bean Salad, Baby Carrots, Bran Muffin, Fruit	13 Veggie Chili Brown Rice Capri Vegetables* Fruit+	14 Pasta Soy Crumble and Tomato Casserole Cauliflower+ Carrot Coins* Fruit	15 Coconut Curry with Chickpeas and Vegetables Brown Rice Green Beans Fruit
16 Cheesy Squash Casserole Green Beans Stewed Tomatoes Wheat Crackers Fruit	Holiday Office Closed 17 MLK Day Cheese Ravioli with Marinara Sauce, Parmesan Cheese, Italian Veggies Fruit 	18 Vegetarian Pepper Steak, Mashed Potatoes, Peas & Pearl Onion Whole Wheat Bread Fruit+	19 Southwestern Veggie Casserole Broccoli and Cauliflower+ Cinnamon Apples	20 Sweet and Sour Tofu with Brown Rice, Sesame Green Beans Carrots* Fruit	21 Vegetarian Sloppy Joes Roasted Potatoes Mixed Vegetables WW Roll Fruit	22 Spaghetti w/ Marinara and Plant-Based Chicken^^ Cauliflower+ Green Beans Fruit
23 Cheese, Rice and Bean Burrito Hash Browns Applesauce+	24 Spinach Lasagna Vegetable Blend Warm Apricots Wheat Bread	25 Veggie Bratwurst Steamed Cabbage+ Capri Vegetables+ Whole Wheat Bun Fruit	26 Tu-No Salad over Greens Carrot Raisin Salad* Edamame Wheat Roll Fruit+	27 Tofu Tetrizzini Green Beans Mixed Vegetables+* Fruit	28 Veggie Patty over Brown Rice Peas and Carrots Brussel Sprouts+ Fruit	29 Eggplant Parmesan Over WW Penne Pasta Cauliflower+ Broccoli+ Fruit
30 Macaroni and Cheese Stewed Tomatoes Baby Carrots* Fruit+	31 Veggie Sausage French Toast Breakfast Potatoes Mixed Vegetables Fruit Juice w/C+	High Vitamin C=+ High Vitamin A=* High Sodium (>1000mg) =<>	*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: 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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PUREE & MS
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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	**Reminder** January 1 st -3 rd meals were delivered in December. January 17 MLK Day no delivery. Meal delivered January 10 th	4 Chicken Enchilada Corn Broccoli Applesauce	5 Meatloaf Butternut Squash Peach Cobbler Pureed Soup	6 Turkey Bread Stuffing Cranberries Mashed Potatoes Fruit Juice w/C+	7 Chicken w/Rice Peas Butternut Squash Fruit Juice w/C+	8 Turkey Sausage Waffles Mixed Berries Mashed Potatoes
9 Scrambled Eggs French Toast Pears Mashed Potatoes Fruit Juice w/C+	10 MLK Meal Delivered Pork Roast Sweet Potatoes Baked Apples Pureed Brown Rice Pureed Soup	11 Chicken & Dumplings Peas Rutabaga Fruit Juice w/C+	12 Seafood Casserole Broccoli Cherry Cobbler Pureed Soup	13 Chicken Pot Pie Green Beans Mixed Berries Mashed Potatoes	14 BBQ Beef Baked Beans Corn Pureed Soup Fruit Juice w/C+	15 Turkey Sausage Pancakes Scrambled Eggs Mashed Potatoes Fruit Juice w/C+
16 Western Omelet Pears Mashed Potatoes Fruit Juice w/C+	17 Holiday Office Closed MLK Day Pot Roast Green Beans & Carrots Pureed Brown Rice Fruit Juice w/C+ 	18 Chicken Enchilada Corn Broccoli Applesauce	19 Meatloaf Butternut Squash Peach Cobbler Pureed Soup	20 Turkey Bread Stuffing Cranberries Mashed Potatoes Fruit Juice w/C+	21 Chicken w/Rice Peas Butternut Squash Fruit Juice w/C+	22 Turkey Sausage Waffles Mixed Berries Mashed Potatoes
23 Scrambled Eggs French Toast Pears Mashed Potatoes Fruit Juice w/C+	24 Pork Roast Sweet Potatoes Baked Apples Pureed Brown Rice Pureed Soup	25 Chicken & Dumplings Peas Rutabaga Fruit Juice w/C+	26 Seafood Casserole Broccoli Cherry Cobbler Pureed Soup	27 Chicken Pot Pie Green Beans Mixed Berries Mashed Potatoes	28 BBQ Beef Baked Beans Corn Pureed Soup Fruit Juice w/C+	29 Turkey Sausage Pancakes Scrambled Eggs Mashed Potatoes Fruit Juice w/C+
30 Western Omelet Pears Mashed Potatoes Fruit Juice w/C+	31 Pot Roast Green Beans & Carrots Pureed Brown Rice Fruit Juice w/C+	High Vitamin C=+ High Vitamin A=* High Sodium (>1000mg) =<>	*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: 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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RENAL
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 HAPPY NEW YEAR	**Reminder** January 1 st -3 rd meals were delivered in December. January 17 MLK Day no delivery. Meal delivered January 10 th	4 Chicken w/Vegetables Carrots White Rice Fruit Cocktail	5 Chicken Noodle Soup (Low Sodium) Vegetarian Chili	6 Turkey Carrots & Peas* Rotini Pasta Peaches Romaine & Cucumber	7 Pot Roast Rotini Pasta Green Beans Pears Cole Slaw	8 Chicken and Rice Casserole Broccoli+ Baby Carrots* Fruit
9 Egg Frittata with Vegetables Capri Vegetables Apple Sauce+ White Bread	MLK Meal Delivered 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 Peaches Romaine & Cucumber	14 Pot Roast Rotini Pasta Green Beans Pears Cole Slaw	15 Chicken and Rice Casserole Broccoli+ Baby Carrots* Fruit
16 Egg Frittata with Vegetables Capri Vegetables Apple Sauce+ White Bread	Holiday Office Closed 17 MLK Day 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 Peaches Romaine & Cucumber	21 Pot Roast Rotini Pasta Green Beans Pears Cole Slaw	22 Chicken and Rice Casserole Broccoli+ Baby Carrots* Fruit
23 Egg Frittata with Vegetables 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 Peaches Romaine & Cucumber	28 Pot Roast Rotini Pasta Green Beans Pears Cole Slaw	29 Chicken and Rice Casserole Broccoli+ Baby Carrots* Fruit
30 Egg Frittata with Vegetables Capri Vegetables Apple Sauce+ White Bread	31 Meat Loaf Carrots* White Rice Romaine & Cucumber Fruit Cocktail	High Vitamin C=+ High Vitamin A=* High Sodium (>1000mg) =<=	*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: 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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KIDNEY DISEASE:

Renal Diet

When your kidneys are not working as well as they should, waste and fluid tend to build up in your body. Over time, the waste and extra fluid can cause heart, bone, and other health problems. A kidney-friendly meal plan limits how much of certain minerals and fluid you eat and drink. By limiting these minerals and fluid it can help from causing problems.

POTASSIUM

Potassium is a mineral found in almost all foods. Your body needs some potassium to make your muscles work, but too much potassium can be dangerous. When your kidneys are not working well, your potassium level may be too high or too low. Having too much or too little potassium can cause muscle cramps, problems with the way your heart beats and muscle weakness.

If you have been told to limit your potassium intake try some of these lower potassium options:

Fruit: Apple, apple juice, applesauce, blackberries, blueberries, cherries, cranberries, grapes, pineapple, plums, raspberries, strawberries.

Vegetables: asparagus, red carrots, cabbage, cauliflower, corn, cucumber, eggplant, kale, lettuce, onion, peas, yellow squash, zucchini.

Other Foods: rice, pasta noodles, bread/ bread products (not whole grain), angel cake, cookies without nuts or chocolate.

PHOSPHORUS

Phosphorus is a mineral found in your bones. It works with calcium and vitamin D to keep your bones healthy. Healthy kidneys keep the right amount of phosphorus in your body. When your kidneys are not working well, phosphorus can build up in your blood. Too much phosphorus in your blood can lead to weak bones that break easily.

If your doctor asks you to limit your intake of high phosphorus foods, try limiting these: beer, chocolate drinks, dark sodas, cocoa, canned iced teas, drinks made with milk, drinks with phosphate added.

Try these drinks instead: water, coffee, tea, apple juice, lemonade, grape juice, cranberry juice, orange soda, ginger ale.

FLUIDS

We all need water to live, but when you have kidney disease, you may not need as much. This is because damaged kidneys are unable to get rid of extra fluid as well as they should or used to. Too much fluid in your body can be dangerous. It can cause high blood pressure, swelling and heart failure. Extra fluid can also build up around your lungs and make it hard to breathe. Depending on your stage of kidney disease and your treatment, your doctor may tell you to limit fluid.

If your doctor tells you to begin limiting your fluid intake, you will need to cut back on how much you drink. You may also need to cut back on some foods that contain a lot of water. Soups or foods that melt, like ice, ice cream and gelatin, have a lot of water. Many fruits and vegetables are high in water, too.

If you are on dialysis you may need to limit your fluid intake to 32oz per day. It's important to manage your thirst, some ideas to incorporate to help with thirst:

Keep some sugar- free hard candies on hand, ice chips, frozen grapes, and try drinking a few sips of water at a time instead of a whole glass in one sitting.

Rethink Your Drink:

Try some green tea, it's full of compounds that function as antioxidants!

How to make:

-Steep hot water for 2 to 4 minutes

-Add in a cinnamon stick + fresh lemon juice

source: <https://www.kidney.org/nutrition/Kidney-Disease-Stages-1-4>

