







Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
+ = High Vit C * = High Vit A <=> = High Sodium (>1000) LS = Low Sodium	<b>~MENU ITEMS ARE SUBJECT TO CHANGE~</b>	<b>Weekend meals are ordered a week in advance and delivered FROZEN on Thursdays and Fridays along with your chilled meal.</b>	<b>*Cold meals may be stored in fridge for up to 1-2 days</b> <b>*Frozen meals may be stored in a freezer for up to 2 weeks.</b>	<b>1</b> Ham w/ Raisin Sauce<=> Green Beans, Carrots* Whole Wheat Roll Fruit+	<b>2</b> Swedish Meatballs Over WW Noodles Mixed Vegetables*+ Zucchini Fruit	<b>3</b> Turkey Sausage w/ Pancakes Breakfast Potatoes CA Blend Vegetables+ Fruit
<b>4</b> Homestyle Chicken Noodle Soup Whole Wheat Roll  Fruit+	<b>5</b> <b>CLOSED for LABOR DAY</b> Macaroni and Cheese # w/ Spinach* Country Vegetables*, Fruit+ <b>Meal Delivered on 8/29</b>	<b>6</b> Pulled Pork Black Eyed Peas Capri Vegetables* Whole Wheat Bun Fruit+	<b>7</b> Chicken Pasta Salad w/ Veggies Marinated Tomatoes+ Mandarin Oranges+ Whole Wheat Crackers	<b>8</b> Turkey Chili Brown Rice Capri Vegetables* Fruit+	<b>9</b> Beef Tacos w/ WW Tortilla Pinto Beans Mixed Veggies*+ Fruit Cup+	<b>10</b> Chicken Apple Sausage w/ Veggie Frittata Spinach*, Gerald's Oatmeal Fruit+
<b>11</b> Chicken Florentine over Pasta Brussels Sprouts+, Capri Vegetables*+ Fruit	<b>12</b> Cheese Lasagna w/ Veggie Meat Sauce, Italian Blend Vegetables, Spinach* Fruit	<b>13</b> Pepper Steak Mashed Potatoes Peas & Pearl Onions, Whole Wheat Bread Fruit+	<b>14</b> Southwestern Turkey Casserole Broccoli and Cauliflower+ Cinnamon Apples	<b>15</b> Crab Cakes w/ Tartar Sauce Rice Pilaf, Carrot Coins*, Green Beans Fruit+	<b>16</b> Sloppy Joes Roasted Potatoes, Mixed Vegetables, Whole Wheat Roll Fruit+	<b>17</b> Cheese and Bean Burrito Hash Browns CA Vegetable Blend*+ Fruit
<b>18</b> Chicken Creamy Potato Soup, Collard Greens & Cheese Wheat Bread Fruit+	<b>19</b> Cheese Enchilada Pinto Beans Broccoli+ Fruit 	<b>20</b> BBQ Chicken Quarter Potato Vegetable Medley*+*, Whole Wheat Bun Fruit	<b>21</b> Chicken Sausage w/ Red Beans and Rice, Collard Greens*+ Cauliflower+ Fruit	<b>22</b> Turkey Tetraxini Mixed Vegetables*+ Zucchini Banana	<b>23</b> Meat Loaf w/ Gravy, Mashed Potatoes, Broccoli+ Whole Wheat Roll Fruit	<b>24</b> Sausage w/ French Toast Sticks, Mixed Vegetables*+, Breakfast Potatoes, Fruit
<b>25</b> Chicken Black Bean Soup w/ Cheddar Whole Wheat Roll Fruit+	<b>26</b> Vegetable and Black Bean Fajitas Fiesta Corn Spanish Rice Fruit+	<b>27</b> Chicken Casserole w/ Cheesy Broccoli & Pasta, Carrots* Peas Fruit	<b>28</b> Southwest Chicken Salad on Romaine+ Pasta & Vegetable Salad, Herbed Beets Fruit	<b>29</b> Creole Baked Fish over Rice Pilaf California Veg Blend*+ Brussels Sprouts+ Banana	<b>30</b> Beef , Pasta, and Tomato Casserole Cauliflower+ Carrot Coins* Fruit	<b>*REMINDER:</b> <b>Please call to cancel your meals at least 48 hours in advance.</b>

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<b>4</b> Tofu Fried Rice w/ Vegetables Broccoli+ Warm Apricots*	<b>5</b> <b>CLOSED for LABOR DAY</b> Macaroni and Cheese w/ Spinach*, Country Vegetables*, Fruit+  <b>Meal Delivered on 8/29</b>	<b>6</b> Veggie Bratwurst Black Eyed Peas Capri Vegetables* Whole Wheat Bun Fruit+	<b>7</b> Plant-Based Chicken Pasta Salad w/ Veggies, Marinated Tomatoes+ Mandarin Oranges+ Whole Wheat Crackers	<b>8</b> Vegetarian Chili Brown Rice Capri Vegetables* Fruit+  	<b>9</b> Soy Crumble "Beef" Tacos w/ WW Tortilla, Pinto Beans, Mixed Veggies*+ Fruit Cup+	<b>10</b> Veggie Sausage w/ Veggie Frittata, Spinach*, Gerald's Oatmeal Fruit+
<b>11</b> Cheesy Pinto Beans w/ Tofu Brown Rice CA Blend Veg+*, Fruit	<b>12</b> Cheese Lasagna w/ Veggie Meat Sauce, Italian Blend Veg Spinach*, Fruit	<b>13</b> Veggie Pepper "Steak", Mashed Potatoes Peas & Pearl Onions, Whole Wheat Bread Fruit+	<b>14</b> Southwestern Veggie Casserole Broccoli and Cauliflower+ Cinnamon Apples	<b>15</b> Black Bean Cakes w/ Salsa Rice Pilaf, Carrot Coins*, Green Beans, Fruit+	<b>16</b> Veggie Sloppy Joes I Roasted Potatoes Mixed Veggies*+, Whole Wheat Rolls Fruit+	<b>17</b> Cheese & Bean Burrito Hash Browns CA Vegetable Blend*+ Fruit
<b>18</b> Lemon Ricotta WW Pasta w/ Peas, Brussels Sprouts+, Stewed Tomatoes+ Fruit+	<b>19</b> Cheese Enchilada Pinto Beans Broccoli+ Fruit  	<b>20</b> BBQ Tofu Potato Vegetable Medley*+, Whole Wheat Bun, Fruit	<b>21</b> Red Beans and Rice w/ Veggie Sausage Collard Greens*+, Cauliflower+, Fruit	<b>22</b> Tofu Tetrazzini, Mixed Vegetables*+, Zucchini, Banana	<b>23</b> Veggie Patty Mashed Potatoes, Broccoli+, Whole Wheat Roll Fruit	<b>24</b> Veggie Sausage w/ French Toast Sticks, Mixed Vegetables*+, Breakfast Potatoes, Fruit
<b>25</b> Cheesy Squash Casserole, Green Beans, Brown Rice Fruit+	<b>26</b> Vegetable and Black Bean Fajitas, Fiesta Corn, Spanish Rice, Fruit+	<b>27</b> Plant-Based Chicken Casserole+ w/ Cheesy Broccoli and Pasta, Carrots*, Peas, Fruit	<b>28</b> Southwest Plant-Based Chicken Salad on Romaine+, Pasta & Vegetable Salad, Herbed Beets, Fruit	<b>29</b> Creole Baked Tofu over Rice Pilaf California Veg Blend*+ Brussels Sprouts+ Banana	<b>30</b> Soy Crumble "Beef", Pasta, and Tomato Casserole, Cauliflower+ Carrot Coins* Fruit	<b>*REMINDER:</b> <b>Please call to cancel your meals at least 48 hours in advance.</b>

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# SEPTEMBER 2022



**MS/PUREE MENU**  
510-894-0370

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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<b>4</b> Scrambled Eggs French Toast Pears Mashed Potatoes Fruit Juice w/C+	<b>5</b> <b>CLOSED for LABOR DAY</b> Pork Roast Sweet Potatoes Baked Apples Pureed Brown Rice Pureed Soup <b>Meal Delivered on 8/29</b>	<b>6</b> Chicken & Dumplings Peas Rutabaga Fruit Juice w/C+	<b>7</b> Seafood Casserole Broccoli Cherry Cobbler Pureed Soup	<b>8</b> Chicken Pot Pie Green Beans Mixed Berries Mashed Potatoes	<b>9</b> BBQ Beef Baked Beans Corn Pureed Soup Fruit Juice w/C+	<b>10</b> Scrambled Eggs Turkey Sausage Pancakes Mashed Potatoes Fruit Juice w/C+
<b>11</b> Western Omelet Pears Mashed Potatoes Fruit Juice w/C+	<b>12</b> Pot Roast Green Beans & Carrots, Pureed Brown Rice, Fruit Juice w/C+	<b>13</b> Chicken Enchilada Corn Broccoli Applesauce	<b>14</b> Meatloaf Butternut Squash Peach Cobbler Pureed Soup	<b>15</b> Turkey Bread Stuffing Cranberries Mashed Potatoes Fruit Juice w/C+	<b>16</b> Chicken w/Rice Peas Butternut Squash Fruit Juice w/C+	<b>17</b> Turkey Sausage Waffles Mixed Berries Mashed Potatoes
<b>18</b> Scrambled Eggs French Toast Pears Mashed Potatoes Fruit Juice w/C+	<b>19</b> Pork Roast Sweet Potatoes Baked Apples Pureed Brown Rice Pureed Soup	<b>20</b> Chicken & Dumplings Peas Rutabaga Fruit Juice w/C+	<b>21</b> Seafood Casserole Broccoli Cherry Cobbler Pureed Soup	<b>22</b> Chicken Pot Pie Green Beans Mixed Berries Mashed Potatoes	<b>23</b> BBQ Beef Baked Beans Corn Pureed Soup Fruit Juice w/C+	<b>24</b> Scrambled Eggs Turkey Sausage Pancakes Mashed Potatoes Fruit Juice w/C+
<b>25</b> Western Omelet Pears Mashed Potatoes Fruit Juice w/C+	<b>26</b> Pot Roast Green Beans & Carrots, Pureed Brown Rice Fruit Juice w/C+	<b>27</b> Chicken Enchilada Corn Broccoli Applesauce	<b>28</b> Meatloaf Butternut Squash Peach Cobbler Pureed Soup	<b>29</b> Turkey Bread Stuffing Cranberries Mashed Potatoes Fruit Juice w/C+	<b>30</b> Chicken w/Rice Peas Butternut Squash Fruit Juice w/C+	<b>*REMINDER:</b> <b>Please call to cancel your meals at least 48 hours in advance.</b>

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# SEPTEMBER 2022



**RENAL MENU**  
**510-894-0370**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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<b>4</b> Egg Frittata with Vegetables Capri Vegetables Apple Sauce+ White Bread	<b>5 CLOSED for LABOR DAY</b> Meat Loaf Carrots* White Rice Romaine & Cucumber Fruit Cocktail+ <b>Meal Delivered on 8/29</b>	<b>6</b> Chicken w/Vegetables Carrots White Rice Fruit Cocktail	<b>7</b> Pot Roast Rotini Pasta Green Beans Cole Slaw Pears	<b>8</b> Roast Turkey w/ Gravy Carrots & Peas* Rotini Pasta Romaine & Cucumber Peaches	<b>9</b> Pot Roast Rotini Pasta Green Beans Cole Slaw Pears	<b>10</b> Egg Frittata with Vegetables Capri Vegetables Apple Sauce+ White Bread
<b>11</b> Scrambled Eggs w/ French Toast Capri Vegetables* Mixed Berries+	<b>12</b> Meat Loaf Carrots* White Rice Romaine & Cucumber Fruit Cocktail+	<b>13</b> Turkey with Bread Stuffing with Cranberry Mixed Vegetables+	<b>14</b> Chicken w/Vegetables Carrots White Rice Fruit Cocktail+	<b>15</b> Roast Turkey w/ Gravy Carrots & Peas* Rotini Pasta Romaine & Cucumber Peaches	<b>16</b> Pot Roast Rotini Pasta Green Beans Cole Slaw Pears	<b>17</b> Egg Frittata with Vegetables Capri Vegetables Apple Sauce+ White Bread
<b>18</b> Scrambled Eggs w/ French Toast Capri Vegetables* Mixed Berries+	<b>19</b> Meat Loaf Carrots* White Rice Romaine & Cucumber Fruit Cocktail+	<b>20</b> Turkey with Bread Stuffing with Cranberry Mixed Vegetables+	<b>21</b> Chicken w/Vegetables Carrots White Rice Fruit Cocktail+	<b>22</b> Roast Turkey w/ Gravy Carrots & Peas* Rotini Pasta Romaine & Cucumber Peaches	<b>23</b> Pot Roast Rotini Pasta Green Beans Cole Slaw Pears	<b>24</b> Egg Frittata with Vegetables Capri Vegetables Apple Sauce+ White Bread
<b>25</b> Scrambled Eggs w/ French Toast Capri Vegetables* Mixed Berries+	<b>26</b> Meat Loaf Carrots* White Rice Romaine & Cucumber Fruit Cocktail+	<b>25</b> Turkey with Bread Stuffing with Cranberry Mixed Vegetables+	<b>28</b> Chicken w/Vegetables Carrots White Rice Fruit Cocktail+	<b>29</b> Roast Turkey w/ Gravy Carrots & Peas* Rotini Pasta Romaine & Cucumber Peaches	<b>30</b> Pot Roast Rotini Pasta Green Beans Cole Slaw Pears	<b>*REMINDER:</b> <b>Please call to cancel your meals at least 48 hours in advance.</b>

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## Sodium Reduction & Hidden Sources



Sodium is a nutrient needed in small amounts which helps to keep the body's fluids in balance. According to the Dietary Guidelines for America, 2020-2025,

**adults 51 and older should consume 2,300 mg or less each day.**

The reality is many consume more than 3,000 mg each day, putting them at risk for high blood pressure, heart disease, and stroke.

**Fact:** Most of the sodium being eaten comes less from the salt poured in the kitchen/dining table on home-cooked meals and more from processed foods in stores or restaurants. That includes: bread, sausage, sandwich meat, (frozen) pizza, cereal, (canned) soup, salad dressings, processed tomato products, chips, crackers, packaged pastries, etc.



**Don't let your taste buds fool you. Foods like baked goods, grains, and some meats may not taste salty, but are major sources of daily sodium because they're eaten so often.**

### Tips To Reduce Sodium Consumption:

- Eat more fruits, vegetables, and low-fat dairy.
- High potassium foods can help lower blood pressure: salmon, avocados, potatoes, squash, mushrooms, bananas
- Read nutrition labels and choose products with less sodium.
- Use lemon juice, salt-free herbs, and/or spices to flavor food such as pepper, paprika, cilantro, garlic or onion powder, rosemary, etc.
- Reduce portion size. Have half of your restaurant meal be put in a to-go box or split an entrée with someone.



Did you know that most fruits and vegetables are made up of 70%-90% water? That means that not only will you benefit from all the vitamins and minerals found in fruits and vegetables but they will also help you stay hydrated. Drinking plenty of water and staying hydrated can also help prevent blood sugar spikes if you have diabetes. Less water in your body means your blood sugar is more concentrated.

Rethink Your Drink

Sources: <https://www.nia.nih.gov/health/vitamins-and-minerals-older-adults> & <https://www.cdc.gov/salt>