



MARCH 2023



REGULAR MENU

510-894-0370

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>+ = High Vit C * = High Vit A <> = High Sodium (>1000) LS = Low Sodium</p>	<p>*MICROWAVE: *Cold meals - for 2-3 mins. *Frozen meals - high for 4- 5 mins *OVEN: Pre-heat to 350. Remove plastic film. Place on pan for 20-25 mins.</p>	<p>*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.</p>	<p>1 Chicken Pasta Salad w/ Veggies Marinated Tomatoes+ Mandarin Oranges+ WW Crackers</p>	<p>2 Turkey Chili Brown Rice Italian Vegetable Blend+* Fruit</p>	<p>3 Meat Loaf w/ Gravy Mashed Potatoes Broccoli+ Whole Wheat Roll Fruit+</p>	<p>4 Veggie Frittata with Chicken Apple Sausage Spinach* Gerald's Oatmeal Fruit+</p>
<p>5 Southwestern Turkey Casserole Broccoli & Cauliflower+ Cinnamon Apples</p>	<p>6 Cheese Ravioli with Veggie Meat Sauce Italian Blend Vegetables Spinach* Fruit+</p>	<p>7 Swedish Meatballs over Egg Noodles CA Vegetable Blend+* Zucchini Fruit</p>	<p>8 Tuna Salad on Romaine Three Bean Salad Pineapple and Mandarin Oranges+ Dinner Roll</p>	<p>9 Turkey Tetrazzini<> Green Beans Peas and Carrots* Fresh Fruit+</p>	<p>10 Chicken Dijon over Whole Wheat Pasta Brussels Sprouts+ Stewed Tomatoes+ Fruit</p>	<p>11 Cheese & Bean Burrito, Hash Browns CA Vegetable Blend+* Fruit</p>
<p>12 Daylight Saving Chicken Pot Pie Caribbean Blend Vegetables+* Spiced Peaches</p>	<p>13 French Toast Sticks with Sausage Mixed Vegetables+* Breakfast Potatoes Fruit+</p>	<p>14 Cheesy Broccoli, Pasta & Chicken Casserole+ Mixed Veggies+* Fruit+</p>	<p>15 Southwest Chicken Salad on Romaine+ Pasta & Vegetable Salad, Herbed Beets Fruit+</p>	<p>16 Crab Cakes with Tartar Sauce Rice Pilaf Carrot Coins* Green Beans, Fruit+</p>	<p>17 St. Patrick's Day <> Corned Beef and Cabbage+ Red Potatoes, Jell-O WW Bread, Fruit</p>	<p>18 Hamburger Potato Wedges Green Beans WW Bun Fruit+</p>
<p>19 Pulled Pork Mashed Potatoes Corn, Whole Wheat Roll, Fruit+</p>	<p>20 Tofu Fried Rice with Vegetables* Eastern Vegetable Blend, 5-Spiced Peaches</p>	<p>21 Beef, Vegetable, Black Bean Fajitas+* Fiesta Corn+ Spanish Rice Fruit</p>	<p>22 Seafood Salad over Romaine, Snap Peas, Marinated Tomatoes+ Wheat Crackers, Fruit</p>	<p>23 BBQ Chicken Quarter Potato Vegetable Medley+* Whole Wheat Bun Fruit+</p>	<p>24 Pasta, Beef, and Tomato Casserole Broccoli+ Capri Vegetables* Fruit</p>	<p>25 Pancakes with Turkey Sausage Breakfast Potatoes CA Blend Veggies+* Fruit</p>
<p>26 Red Beans and Rice with Chicken Sausage Collard Greens+* Cauliflower+ Fruit</p>	<p>27 Cheese Enchilada Pinto Beans Broccoli+ Fruit+</p>	<p>28 Pepper Steak Black Eyed Peas Capri Vegetables* Whole Wheat Bread Fruit+</p>	<p>29 Egg Salad Sandwich, WW Bread, Edamame, Cinnamon Applesauce LS V8 Juice</p>	<p>30 Chicken Cacciatore with WW Pasta Cauliflower and Carrots+* Warm Apricots</p>	<p>31 Salmon Burger with Tartar Sauce on Whole Wheat Bun, Corn, Malibu Blend Vegetables Fruit</p>	



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MARCH 2023



VEGETARIAN MENU

510-894-0370

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>+ = High Vit C * = High Vit A <> = High Sodium (>1000) LS = Low Sodium</p>	<p>*MICROWAVE: *Cold meals - for 2-3 mins. *Frozen meals - high for 4- 5 mins *OVEN: Pre-heat to 350. Remove plastic film. Place on pan for 20-25 mins.</p>	<p>*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.</p>	<p>1 Plant-Based Chicken Pasta Salad, Marinated Tomatoes+ Mandarin Oranges WW Crackers</p>	<p>2 Vegetarian Chili Brown Rice Italian Vegetable Blend+* Fruit</p>	<p>3 Veggie Loaf w/ Gravy, Mashed Potatoes Broccoli+ Whole Wheat Roll Fruit+</p>	<p>4 Veggie Frittata with Veggie Sausage Spinach* Gerald's Oatmeal Fruit+</p>
<p>5 Southwestern Bean Casserole Broccoli & Cauliflower+ Cinnamon Apples</p>	<p>6 Cheese Ravioli with Veggie Meat Sauce Italian Blend Vegetables Spinach* Fruit+</p>	<p>7 Swedish Veggie Balls over Egg Noodles, CA Vegetable Blend+* Zucchini Fruit</p>	<p>8 Tu-no Salad on Romaine Three Bean Salad Pineapple and Mandarin Oranges+ Dinner Roll</p>	<p>9 Tofu Tetrazzini<> Green Beans Peas and Carrots* Fresh Fruit+</p>	<p>10 Plant-Based Chicken Dijon over Whole Wheat Pasta, Brussels Sprouts+, Stewed Tomatoes+, Fruit</p>	<p>11 Cheese & Bean Burrito, Hash Browns CA Vegetable Blend+* Fruit</p>
<p>12 Daylight Saving Plant-Based Chicken Pot Pie Caribbean Blend Vegetables+* Spiced Peaches</p>	<p>13 French Toast Sticks Veggie Sausage, Mixed Vegetables+* Breakfast Potatoes Fruit+</p>	<p>14 Cheesy Broccoli, Pasta & Plant-Based Chicken Casserole+ Mixed, Veggies+* Fruit+</p>	<p>15 Southwest Plant-Based Chicken Salad on Romaine+ Pasta & Vegetable Salad, Herbed Beets, Fruit+</p>	<p>16 Veggie Nuggets Rice Pilaf Carrot Coins* Green Beans Fruit+</p>	<p>17 St. Patrick's Day Tofu and Cabbage+ Red Potatoes Jell-O Whole Wheat Bread, Fruit</p>	<p>18 Veggie Burger Potato Wedges Green Beans WW Bun Fruit+</p>
<p>19 Veggie Bratwurst Mashed Potatoes Corn Whole Wheat Roll Fruit+</p>	<p>20 Tofu Fried Rice with Vegetables* Eastern Vegetable Blend, 5-Spiced Peaches</p>	<p>21 Tofu, Vegetable, Black Bean Fajitas+* Fiesta Corn+ Spanish Rice Fruit</p>	<p>22 Creamy Chickpea Salad w/ Romaine, Snap Peas, Marinated Tomatoes+ WW Crackers, Fruit</p>	<p>23 BBQ Tofu Potato Vegetable Medley+* Whole Wheat Bun Fruit+</p>	<p>24 Pasta, Soy Crumble, Tomato Casserole Broccoli+ Capri Vegetables* Fruit</p>	<p>25 Pancakes with Veggie Sausage Breakfast Potatoes CA Blend Vegetables+* Fruit</p>
<p>26 Red Beans and Rice with Veggie Sausage Collard Greens+* Cauliflower+ Fruit</p>	<p>27 Cheese Enchilada Pinto Beans Broccoli+ Fruit+</p>	<p>28 Plant-Based Pepper Steak Black Eyed Peas Capri Vegetables* Whole Wheat Bread, Fruit+</p>	<p>29 Egg Salad Sandwich, WW Bread, Edamame, Cinnamon Applesauce, LS V8 Juice</p>	<p>30 Plant-Based Chicken Cacciatore w/ WW Pasta, Cauliflower and Carrots+* Warm Apricots</p>	<p>31 Veggie Burger Corn Malibu Blend Vegetables Whole Wheat Bun Fruit</p>	



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MARCH 2023



MS/PUREE
510-894-0370

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<p>5 French Toast Pears Scrambled Eggs Mashed Potatoes+ Fruit Juice w/C+</p>	<p>6 LS Chicken Noodle Soup Pork Roast* Sweet Potatoes* Baked Apples</p>	<p>7 Chicken & Dumplings* Butternut Squash Peach Pie Fruit Juice w/C+</p>	<p>8 LS Tomato Soup Seafood Casserole Broccoli+ Brown Rice Cherries</p>	<p>9 Chicken Pot Pie* Green Beans Mixed Berries+ Mashed Potatoes+</p>	<p>10 BBQ Beef<> Baked Beans Corn, Brown Rice Fruit Juice w/C+</p>	<p>11 Pancakes Scrambled Eggs Turkey Sausage Mashed Potatoes+ Fruit Juice w/C+</p>
<p>12 Daylight Saving Western Omelet+ Breakfast Sausage (pork), Potatoes, Applesauce+ Brown Rice</p>	<p>13 Pot Roast Green Beans & Carrots*, Brown Rice, Fruit Juice w/C+</p>	<p>14 Chicken Enchilada* Corn Broccoli+ Applesauce</p>	<p>15 LS Chicken Noodle Soup Meatloaf* Butternut Squash* Peaches</p>	<p>16 Turkey* Bread Stuffing Cranberries Mashed Potatoes+ Fruit Juice w/C+</p>	<p>17 St. Patrick's Day Chicken w/ Rice Peas* Butternut Squash* Fruit Juice w/C+</p>	<p>18 Waffles Mixed Berries+ Turkey Sausage Mashed Potatoes+ Fruit Juice</p>
<p>19 French Toast Pears Scrambled Eggs Mashed Potatoes+ Fruit Juice w/C+</p>	<p>20 LS Chicken Noodle Soup Pork Roast* Sweet Potatoes* Baked Apples</p>	<p>21 Chicken & Dumplings* Butternut Squash Peach Pie Fruit Juice w/C+</p>	<p>22 LS Tomato Soup Seafood Casserole Broccoli+ Brown Rice Cherries</p>	<p>23 Chicken Pot Pie* Green Beans Mixed Berries+ Mashed Potatoes+</p>	<p>24 BBQ Beef<> Baked Beans Corn, Brown Rice Fruit Juice w/C+</p>	<p>25 Pancakes Scrambled Eggs Turkey Sausage Mashed Potatoes+ Fruit Juice w/C+</p>
<p>26 Western Omelet+ Breakfast Sausage (pork), Potatoes, Applesauce+ Brown Rice</p>	<p>27 Pot Roast Green Beans & Carrots*, Brown Rice, Fruit Juice w/C+</p>	<p>28 Chicken Enchilada* Corn Broccoli+ Applesauce</p>	<p>29 LS Chicken Noodle Soup Meatloaf* Butternut Squash* Peaches</p>	<p>30 Turkey* Bread Stuffing Cranberries Mashed Potatoes+ Fruit Juice w/C+</p>	<p>31 Chicken w/ Rice Peas* Butternut Squash* Fruit Juice w/C+</p>	<p>WOMEN'S HISTORY MONTH</p>

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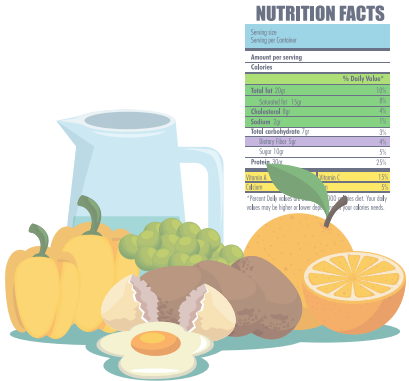


RENAL
510-894-0370

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>+ = High Vit C * = High Vit A <> = High Sodium (>1000) LS = Low Sodium</p>	<p>*MICROWAVE: *Cold meals - for 2-3 mins. *Frozen meals - high for 4- 5 mins *OVEN: Pre-heat to 350. Remove plastic film. Place on pan for 20-25 mins.</p>	<p>*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.</p>	<p>1 Chicken w/ Gravy and Vegetables Carrots* White Rice Fruit Cocktail+</p>	<p>2 Roast Turkey with Gravy, Carrots & Peas*, Rotini Pasta, Romaine & Cucumber Peaches</p>	<p>3 Pot Roast Rotini Pasta Green Beans Cole Slaw+ Pears</p>	<p>4 Egg Frittata with Vegetables Capri Vegetables* Apple Sauce+ White Bread</p>
<p>5 French Toast with Scrambled Eggs Capri Vegetables* Pears</p>	<p>6 Meat Loaf Green Beans, White Rice, Romaine & Cucumber Fruit Cocktail+</p>	<p>7 Turkey with Bread Stuffing with Cranberry Mixed Vegetables</p>	<p>8 Chicken w/ Gravy and Vegetables Carrots* White Rice Fruit Cocktail+</p>	<p>9 Roast Turkey with Gravy, Carrots & Peas*, Rotini Pasta Romaine & Cucumber Peaches</p>	<p>10 Pot Roast Rotini Pasta Green Beans Cole Slaw+ Pears</p>	<p>11 Egg Frittata with Vegetables Capri Vegetables* Apple Sauce+ White Bread</p>
<p>12 Daylight Saving French Toast with Scrambled Eggs Capri Vegetables* Pears</p>	<p>13 Meat Loaf Green Beans, White Rice, Romaine & Cucumber Fruit Cocktail+</p>	<p>14 Turkey with Bread Stuffing with Cranberry Mixed Vegetables*</p>	<p>15 Chicken w/ Gravy and Vegetables Carrots* White Rice Fruit Cocktail+</p>	<p>16 Roast Turkey with Gravy, Carrots & Peas*, Rotini Pasta Romaine & Cucumber Peaches</p>	<p>17 St. Patrick's Day Pot Roast Rotini Pasta Green Beans Cole Slaw+ Pears</p>	<p>18 Egg Frittata with Vegetables Capri Vegetables* Apple Sauce+ White Bread</p>
<p>19 French Toast with Scrambled Eggs Capri Vegetables* Pears</p>	<p>20 Meat Loaf Green Beans, White Rice, Romaine & Cucumber Fruit Cocktail+</p>	<p>21 Turkey with Bread Stuffing with Cranberry Mixed Vegetables*</p>	<p>22 Chicken w/ Gravy and Vegetables Carrots* White Rice Fruit Cocktail+</p>	<p>23 Roast Turkey with Gravy, Carrots & Peas*, Rotini Pasta Romaine & Cucumber Peaches</p>	<p>24 Pot Roast Rotini Pasta Green Beans Cole Slaw+ Pears</p>	<p>25 Egg Frittata with Vegetables Capri Vegetables* Apple Sauce+ White Bread</p>
<p>26 French Toast with Scrambled Eggs Capri Vegetables* Pears</p>	<p>27 Meat Loaf Green Beans, White Rice, Romaine & Cucumber Fruit Cocktail+</p>	<p>28 Turkey with Bread Stuffing with Cranberry Mixed Vegetables*</p>	<p>29 Chicken w/ Gravy and Vegetables Carrots* White Rice Fruit Cocktail+</p>	<p>30 Roast Turkey with Gravy, Carrots & Peas*, Rotini Pasta Romaine & Cucumber Peaches</p>	<p>31 Pot Roast Rotini Pasta Green Beans Cole Slaw+ Pears</p>	

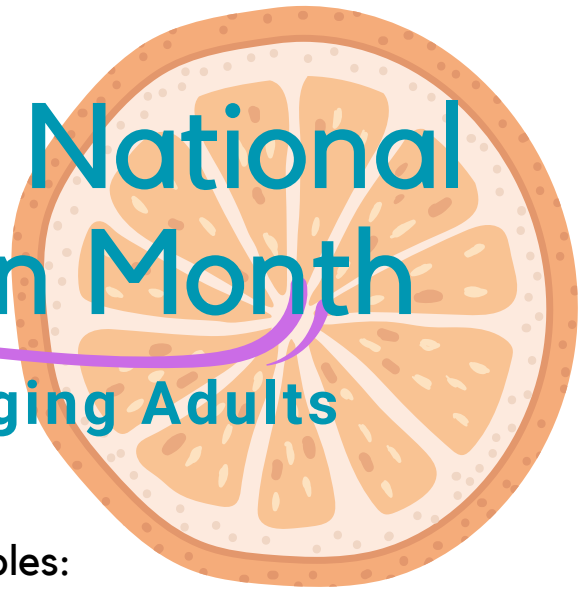


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March is National Nutrition Month

Tips for Aging Adults



Fill half your plate with fruits and vegetables:

Aim for a rainbow of colors throughout your day. Fresh, frozen, and canned fruits and vegetables are ways to get variety in your diet. Look for "low-sodium" and "reduced sodium" on the labels. Choose fruits that are dried, frozen, and canned in water or 100% juice to avoid added sugars.

Choose whole grains:

Whole grains are packed with fiber and nutrients. They are often enriched (nutrients added back into foods that may have been lost or reduced in processing) and fortified (nutrients not naturally found in the food are added). Cereals, breads, crackers, and pastas can be found in whole grain versions. You can look for this logo on packaging to see the amount of whole grains per serving.



Choose a variety of protein sources:

Protein is found in many plant-based food sources and animal products are not the only way to get plenty of protein. Nuts, beans, seeds, peas, and lentils are all excellent sources of protein. They contain zero cholesterol and provide fiber and nutrients you can't get from meat. B12 is found in animal sources but many plant-based foods are also fortified with B12.

Diabetes and Carbohydrates:

A common myth is that people with diabetes cannot have carbohydrates. This is false as carbohydrates along with fat and protein are essential macronutrients. Carbohydrates are broken down to glucose in the body and are important to balance blood sugar levels.

Stay Well-Hydrated:

Drinking plenty of water throughout the day will help you avoid dehydration. Drinking water during or after a meal helps your body break down and process food (digestion) and helps your body absorb nutrients. Water is vital for good health.

