






May 2023



REGULAR MENU

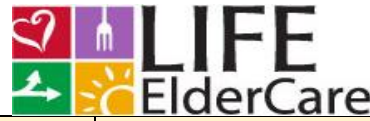
510-894-0370

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>+ = High Vit C * = High Vit A <> = High Sodium (>1000) LS = Low Sodium</p>	<p>1 Cheese & Bean Burrito, Hash Browns, CA Vegetable Blend+* Fruit</p>	<p>2 Pepper Steak Black Eyed Peas Capri Vegetables* Whole Wheat Bread, Fruit+</p>	<p>3 Chicken Chow Mein with Vegetables*+, Sesame Green Beans+, Warm Apricots</p>	<p>4 Turkey Chili Brown Rice Italian Vegetable Blend+*, Fruit</p>	<p>5<> Beef Tacos with Cheese, Corn Tortillas, Seasoned Black Beans, Fiesta Corn, Guacamole, Fruit+ </p>	<p>6 Veggie Frittata with Chicken Apple Sausage Spinach* Gerald's Oatmeal Fruit+</p>
<p>7 Southwestern Turkey Casserole Broccoli & Cauliflower+ Cinnamon Apples</p>	<p>8 Cheese Ravioli with Veggie Meat Sauce Italian Blend Vegetables Greens*, Fruit+</p>	<p>9 Meat Loaf w/ Gravy Mashed Potatoes Broccoli+ Whole Wheat Roll Fruit</p>	<p>10 Tuna Salad on Romaine 3-Bean Salad Pineapple and Mandarin Oranges+ Whole Wheat Roll</p>	<p>11 Turkey Tetrazzini<> Green Beans Peas and Carrots* Fruit+</p>	<p>12 Chicken Pot Pie Caribbean Blend Vegetables+* Spiced Peaches</p>	<p>13 Swedish Meatballs over Egg Noodles CA Vegetable Blend+*, Zucchini Fruit</p>
<p>14 Chicken Dijon over WW Pasta Brussels Sprouts+ Stewed Tomatoes+ Fruit, Lemon Cake</p>	<p>15 Cheese Enchilada Pinto Beans Capri Vegetables* Fruit+ </p>	<p>16 Crab Cakes with Tartar Sauce Rice Pilaf Carrot Coins* Green Beans Fruit+</p>	<p>17 Southwest Chicken Salad on Romaine+ Pasta & Vegetable Salad, Herbed Beets Fruit+</p>	<p>18 Cheesy Broccoli, Pasta & Chicken Casserole+ Mixed Vegetables+* Fruit+</p>	<p>19 Chicken Cacciatore with WW Pasta Cauliflower and Carrots+* Warm Apricots</p>	<p>20 Hamburger on a Potato Wedges Green Beans Whole Wheat Bun Fruit+</p>
<p>21 Pulled Pork Mashed Potatoes Corn Whole Wheat Roll Fruit+</p>	<p>22 French Toast with Veggie Sausage Mixed Vegetables+* Breakfast Potatoes Fruit+</p>	<p>23 Beef, Vegetable, Black Bean Fajitas+* Fiesta Corn+ Spanish Rice Fruit</p>	<p>24 Crunchy Slaw and Chicken Salad over Noodles, Pineapple Tidbits+ Edamame</p>	<p>25 BBQ Chicken Potato Vegetable Medley+* Whole Wheat Bun Fruit+</p>	<p>26 Pasta, Beef, and Tomato Casserole Broccoli+ Capri Vegetables* Fruit</p>	<p>27 Pancakes with Turkey Sausage Breakfast Potatoes CA Blend Vegetables+* Fruit</p>
<p>28 Red Beans and Rice with Chicken Sausage Greens+* Cauliflower+ Fruit</p>	<p>29 MEMORIAL DAY Macaroni and Cheese with Mixed Vegetables Fruit Cup+  Office Closed Meal Delivered on 5/22</p>	<p>30 Sloppy Joes on a Whole Wheat Bun Roasted Potatoes Mixed Vegetables+* Fruit</p>	<p>31 Egg Salad Sandwich, WW Bread, Baby Carrots*, Cinnamon Applesauce, LS V8 Juice</p>	<p>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</p>	<p>OVEN: Pre-heat to 350. Remove plastic film. Place on pan for 20-25 mins.</p>	<p>MICROWAVE: *Cold meals - for 2-3 mins. *Frozen meals - on high for 4- 5 mins</p>

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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>1 Cheese & Bean Burrito, Hash Browns, CA Vegetable Blend+* Fruit+</p>	<p>2 Plant-Based Pepper Steak Black Eyed Peas Capri Vegetables* Whole Wheat Bread, Fruit+</p>	<p>3 Plant-Based Chicken Chow Mein with Veggies+*, Sesame Green Beans+, Warm Apricots</p>	<p>4 Vegetable Chili Brown Rice Italian Vegetable Blend+* Fruit</p>	<p>5<> Tofu Tacos with Cheese, Corn Tortillas, Seasoned Black Beans, Fiesta Corn, Guacamole, Fruit+</p>	<p>6 Veggie Frittata with Veggie Sausage Spinach* Gerald's Oatmeal Fruit+</p>
<p>7 Southwestern Bean Casserole Broccoli & Cauliflower+ Cinnamon Apples</p>	<p>8 Cheese Ravioli with Veggie Meat Sauce Italian Blend Vegetables Spinach*, Fruit+</p>	<p>9 Veggie Loaf w/ Gravy, Mashed Potatoes, Broccoli+ Whole Wheat Roll Fruit</p>	<p>10 Tu-no Salad on Romaine 3-Bean Salad Pineapple and Mandarin Oranges+ Whole Wheat Roll</p>	<p>11 Tofu Tetrizzini<> Green Beans Peas and Carrots* Fruit+</p>	<p>12 Vegetable Pot Pie Caribbean Blend Vegetables+* Spiced Peaches</p>	<p>13 Veggie Meatballs over Egg Noodles CA Vegetable Blend+* Zucchini, Fruit</p>
<p>14 Plant-Based Chicken Dijon over WW Pasta Brussels Sprouts+ Stewed Tomatoes+ Fruit, Lemon Cake</p>	<p>15 Cheese Enchilada Pinto Beans Capri Vegetables* Fruit+</p>	<p>16 Veggie Nuggets Over Rice Pilaf Carrot Coins* Green Beans Fruit+</p>	<p>17 Southwest Plant-Based Chicken Salad on Romaine+ Pasta & Vegetable Salad, Herbed Beets Fruit+</p>	<p>18 Cheesy Broccoli, Pasta & Plant-Based Chicken Casserole+ Mixed Veggies+* Fruit+</p>	<p>19 Plant-Based Chicken Cacciatore with WW Pasta Cauliflower and Carrots+* Warm Apricots</p>	<p>20 Veggie Burger Potato Wedges Green Beans Whole Wheat Bun Fruit+</p>
<p>21 Veggie Bratwurst Mashed Potatoes Corn Whole Wheat Roll Fruit+</p>	<p>22 French Toast with Veggie Sausage Mixed Vegetables+* Breakfast Potatoes Fruit+</p>	<p>23 Vegetable and Black Bean Fajitas+* Fiesta Corn+ Spanish Rice Fruit</p>	<p>24 Crunchy Slaw and Plant-Based Chicken Salad over Noodles, Pineapple Tidbits+ Edamame</p>	<p>25 BBQ Tofu Potato Vegetable Medley+* Whole Wheat Bun Fruit+</p>	<p>26 Pasta, Soy Crumble Tomato Casserole Broccoli+ Capri Vegetables* Fruit</p>	<p>27 Pancakes with Veggie Sausage Breakfast Potatoes CA Blend Vegetables+*, Fruit</p>
<p>28 Red Beans and Rice with Veggie Sausage Greens+* Cauliflower+ Fruit</p>	<p>29 <u>MEMORIAL DAY</u> Macaroni and Cheese with Mixed Vegetables Fruit Cup+ Office Closed Meal Delivered on 5/22</p>	<p>30 Veggie Sloppy Joes Roasted Potatoes Whole Wheat Bun Mixed Vegetables+* Fruit</p>	<p>31 Egg Salad Sandwich Baby Carrots*, Cinnamon WW Bread Applesauce, LS V8 Juice</p>	<p>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</p>	<p>OVEN: Pre-heat to 350. Remove plastic film. Place on pan for 20-25 mins.</p>	<p>MICROWAVE: *Cold meals - for 2-3 mins. *Frozen meals - on high for 4- 5 mins</p>

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MS PUREE MENU

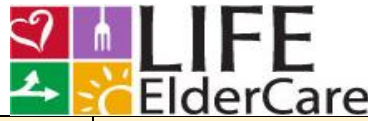
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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
+ = High Vit C * = High Vit A <> = High Sodium (>1000) LS = Low Sodium	1 LS Chicken Noodle Soup Pork Roast* Sweet Potatoes* Baked Apples	2 Chicken & Dumplings* Butternut Squash Peach Pie Fruit Juice w/C+	3 LS Tomato Soup Seafood Casserole Broccoli+ Brown Rice Cherries	4 Chicken Pot Pie* Green Beans Mixed Berries+ Mashed Potatoes+	5<> BBQ Beef Baked Beans Corn, Brown Rice Fruit Juice with Vitamin C	6 Pancakes Scrambled Eggs Turkey Sausage Mashed Potatoes+ Fruit Juice w/C+	
	7 Western Omelet+ Breakfast Sausage (pork), Potatoes, Applesauce+ Brown Rice	8 Pot Roast Green Beans & Carrots*, Brown Rice, Fruit Juice w/C+	9 Chicken Enchilada* Corn Broccoli+ Applesauce	10 LS Chicken Noodle Soup Meatloaf* Butternut Squash* Peaches	11 Turkey* Bread Stuffing Cranberries Mashed Potatoes+ Fruit Juice w/C+	12 Chicken w/ Rice Peas* Butternut Squash* Fruit Juice w/C+	13 Waffles Mixed Berries+ Turkey Sausage Mashed Potatoes+ Fruit Juice
	14 French Toast Pears Scrambled Eggs Mashed Potatoes Fruit Juice w/C+	15 LS Chicken Noodle Soup Pork Roast* Sweet Potatoes* Baked Apples	16 Chicken & Dumplings* Butternut Squash Peach Pie Fruit Juice w/C+	17 LS Tomato Soup Seafood Casserole Broccoli+ Brown Rice Cherries	18 Chicken Pot Pie* Green Beans Mixed Berries+ Mashed Potatoes+	19 BBQ Beef<> Baked Beans Corn, Brown Rice Fruit Juice w/C+	20 Pancakes Scrambled Eggs Turkey Sausage Mashed Potatoes+ Fruit Juice w/C+
21 Western Omelet+ Breakfast Sausage (pork), Potatoes, Applesauce+ Brown Rice	22 Pot Roast Green Beans & Carrots*, Brown Rice, Fruit Juice w/C+	23 Chicken Enchilada* Corn Broccoli+ Applesauce	24 LS Chicken Noodle Soup Meatloaf* Butternut Squash* Peaches	25 Turkey* Bread Stuffing Cranberries Mashed Potatoes+ Fruit Juice w/C+	26 Chicken w/ Rice Peas* Butternut Squash* Fruit Juice w/C+	27 Waffles Mixed Berries+ Turkey Sausage Mashed Potatoes+ Fruit Juice	
28 French Toast Pears Scrambled Eggs Mashed Potatoes+ Fruit Juice w/C+	29 MEMORIAL DAY LS Chicken Noodle Soup Pork Roast* Sweet Potatoes* Baked Apples Office Closed Meal Delivered on 5/22	30 Chicken & Dumplings* Butternut Squash Peach Pie Fruit Juice w/C+	31 LS Tomato Soup Seafood Casserole Broccoli+ Brown Rice Cherries	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	OVEN: Pre-heat to 350. Remove plastic film. Place on pan for 20-25 mins.	MICROWAVE: *Cold meals - for 2-3 mins. *Frozen meals - on high for 4-5 mins	

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RENAL MENU

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

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