

# MEALS ON WHEELS

# MAY 2024 MENU

# 510-981-5250

MONDAY - FROZEN	TUESDAY - FROZEN	WEDNESDAY - CHD	THURSDAY – FRZ	FRIDAY - CHILLED	SATURDAY-FRZ	SUNDAY - FRZ
<p><b>When heating the meal, heat until all food items are hot, bubbly and steamy. Directions are on meal.</b></p>	<p><b>Menu is subject to change without notice.</b></p> <p><i>+denotes vitamin C-rich foods</i> <i>*denotes vitamin A-rich foods</i></p>	<p><b>1 Soy Ginger Chicken</b> Green Onion Brown Rice Asian Blend Vegetables* Green Salad with Dressing+ Citrus Fruit Cup+</p>	<p><b>2 Albondigas</b> (Mexican beef meatball soup) * Whole Wheat Bread &amp; Butter Green Salad w/ Dressing+ Banana <i>Soup is a large 12 ounces</i></p>	<p><b>3 Baked Lemon Caper Fish</b> Herbed Rice Seasoned Greens* Cutie Citrus+</p>	<p><b>4 Beef and Vegetable Stew*</b> Green Beans Warm Fruit Compote+ (oat topping) Whole Grain Roll &amp; Butter</p>	<p><b>5 Cinco de Mayo Mexican Picadillo*</b> (ground beef &amp; potato stew) Cilantro Brown Rice Sautéed Summer Squash+* Cinnamon Applesauce cup</p>
<p><b>6 Indian Vegetable Curry+</b> with tofu &amp; chickpeas (Vegan) Brown Basmati Rice Garlicy Spinach* Seasonal Fresh Citrus+</p>	<p><b>7 Moo Shu Pork</b> Squash Medley Stir Fry +* Steamed White Rice (with pork) Fruit Cup <i>3-compartment</i> <b>Higher Sodium Meal</b></p>	<p><b>8 Salisbury Steak</b> (beef) with Sweet Onion &amp; Mushroom Gravy Mashed Potatoes Whole Wheat Bread/Butter x2 Seasoned Mixed Vegetables* Warm Citrus Compote+</p>	<p><b>9 Thai Fish Curry Soup+</b> Whole Wheat Bread &amp; Butter Green Salad with Dressing Low Sodium V-8 Juice+ Banana <i>Soup is a large 12 ounces</i></p>	<p><b>10 Swedish Meatballs</b> (turkey or chicken) Egg Noodles Steamed Broccoli+ Herbed Carrots* Seasonal Fresh Fruit</p>	<p><b>11 Soy Ginger Salmon</b> Green Onion Brown Rice (under salmon) Asian Blend Vegetables* x2 Mandarin Orange Cup+</p>	<p><b>12 Mother's Day Cheesy Brown Rice Casserole with Broccoli+ &amp; Mushrooms</b> Seasoned Peas &amp; Carrots* Warm Fruit Compote</p>
<p><b>13Ratatouille White Bean Stew</b> (Vegetarian - zucchini, red pepper, eggplant, white beans) with Cheesy Mashed Potatoes Whole Wheat Roll &amp; Butter Pineapple Chunks+ Snack Cheese</p>	<p><b>14 Thai Basil Ground Turkey</b> Asian Vegetable Blend* Steamed White Rice (under turkey) Citrus Cutie+ <b>Higher Sodium Meal</b></p>	<p><b>15 Tuna Noodle Casserole</b> Herbed Carrots and Peas* Warm Spiced Peaches+</p>	<p><b>16 Beef Barley Soup</b> Spinach Salad* w/ Dressing Low Sodium V-8 Juice+ Whole Wheat Roll Seasonal Fresh Fruit+ <i>Soup is a large 12 ounces</i></p>	<p><b>17 Garlic-Rosemary Baked Chicken</b> Savory Stuffing Herbed Green Beans &amp; Carrots* Warm Spiced Peaches+ with oat topping</p>	<p><b>18 Salisbury Steak</b> (beef) w/ Sweet Onion &amp; Mushroom Gravy Mashed Potatoes Whole Wheat Roll &amp; Butter Seasoned Mixed Vegetables* Warm Fruit Compote+</p>	<p><b>19 Chef's Choice (Vegetarian)-preferred</b> With Fruit+ or Juice+</p>
<p><b>20 Malcol X's Birthday Shepherd's Pie</b> (vegetarian, no crust)- soy crumble Bavarian Red Cabbage+* Whole Wheat Roll &amp; Butter Warm Spiced Peaches</p>	<p><b>21 Mongolian Meatballs</b> (Pork &amp; Chicken) Mushroom and Bok Choy Sauté+ Steamed Rice w/ Green Onions Fresh Seasonal Fruit <b>Higher Sodium Meal</b></p>	<p><b>22 Latin Roast Pork</b> Yellow Rice (with Pork) Cuban-style Black Beans Pineapple Coleslaw+* Warm Apple Crisp</p>	<p><b>23 Turkey Jook (Chinese rice porridge, a.k.a. Congee)</b> Low Sodium V-8 Juice+ Pineapple Slaw +* Seasonal Fresh Fruit <i>Soup is a large 12 ounces</i></p>	<p><b>24 Spaghetti with Beef Bolognese+* (meat sauce)</b> Squash Sauté with Peppers &amp; Onions++ Seasonal Fresh Fruit</p>	<p><b>25 Maple Mustard Chicken</b> Roasted Sweet Potato* Broccoli+ Whole Wheat Roll &amp; Butter Warm Spiced Pears +</p>	<p><b>26 Sweet Potato Peanut Stew+ over Quinoa</b> (Vegan, with peanuts &amp; chickpeas) Seasoned Greens* Warm Spiced Peaches+ (vitamin C-fortified) <i>Contains Peanuts</i></p>
<p><b>27 Memorial Day Three Sisters Stew</b> (beans, corn, mushrooms, squash - vegetarian) + Cheesy Mashed Potatoes Whole Wheat Crackers Pear Ginger Crisp Fruited Yogurt</p>	<p><b>28Chicken Bulgogi</b> Carrots &amp; Mung Bean Sprouts Stir Fry* Steamed White Rice Fresh Cutie Citrus+ <b>Higher Sodium Meal</b></p>	<p><b>29 BBQ Chicken Thigh</b> Baked Beans Seasoned Greens* Green Salad (Romaine) w/ Ranch Whole Wheat Roll Applesauce Cup+</p>	<p><b>30 Italian Wedding Meatball Soup</b> (beef, x4) Whole Wheat Roll Green Salad (Romaine) w/ Ranch Seasonal Fresh Fruit <i>Soup is a large 12 ounces</i></p>	<p><b>31 Chicken Alfredo (breast)</b> Whole Wheat Penne Pasta Garlicy Italian Blend Vegetables*+ Pineapple Coleslaw+* Warm Apple Crisp</p>	<p><i>All meals have no more than 800 milligrams of sodium. If a meal has more than 1,000 milligrams of sodium, it will be labeled a <u>Higher Sodium Meal</u>.</i></p>	<p>1% Low fat milk is included with meals</p> <p><b>Please note:</b> Fresh fruit with edible peel should be washed before eating.</p>

Program participation is not limited with regard to race, ethnicity, national origin, religion, economic status, political affiliation, gender, sexual orientation, gender identity, immigration status or disability.

Meals prepared by Nutrition Solutions, Inc. with Title III Older American Act Funds administered by Alameda Area Agency on Aging.

# ORAL HEALTH MATTERS

You can help prevent tooth decay by making smart and healthy food choices. Choose fruits, vegetables, whole grains, low-fat dairy products, and lean proteins like turkey, chicken and fish. **Limit** processed foods and beverages that are high in sugar – they can lead to tooth decay and obesity.



## **Tooth loss**

If you've lost any teeth, it's a good idea to replace them. A full set of teeth will help you chew delicious and nutritious foods like meats, beans, fruits, grains, and vegetables. Ill-fitting dentures can be painful and lead to diets of soft food that are low in nutrients and don't help your mouth stay clean.

## **Changes in Taste**

Medications can affect the taste of foods, your food preferences, and your appetite so be sure to report any changes in your eating habits to your physician, dentist and dental hygienist.

Some medications cause dry mouth which can lead to higher risk of cavities. Vitamin C rich foods can promote healthy gums. Food sources include citrus fruits, tomatoes, peppers, potatoes, and spinach.

## **Calcium**

Adequate calcium is increasingly important as we age as it helps prevent bone loss and osteoporosis (weakening of bones).

Osteoporosis can affect your jaw, leading to your teeth becoming loose or falling out.

Food sources of calcium include low-fat dairy like milk, cheese and yogurt, and vegetables such as leafy greens, spinach, and broccoli.

Calcium doesn't work alone. Nutrients such as phosphorus (eggs, fish, lean meat, dairy, nuts, and beans), are an important part of the structure of teeth. Vitamin D is needed to help absorb, carry and deposit calcium in the bone that supports your teeth.