

# MEALS ON WHEELS

## MARCH 2026

### #510-981-5250

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<p><b>30 BMOW CLOSED FOR CESAR CHAVEZ DAY</b>  <b>Homemade Baked Macaroni &amp; Cheese</b> (Vegetarian)                      Whole Wheat Bread                      Braised Collard Greens+*                      Black Eyed Peas                      Seasonal Citrus Cutie+</p>	<p><b>31</b>  <b>Beef and Tomato Stir Fry</b>                      Seasoned Carrots &amp; Cabbage+*                      Vegetable Fried Brown Rice                      Spiced Poached Pears</p>	<p><i>Meals prepared by Nutrition Solutions, Inc. with Title III Older American Act Funds administered by Alameda Area Agency on Aging</i></p> 	<p><i>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.</i></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><i>+denotes vitamin C-rich foods                      *denotes vitamin A-rich foods</i></p> <p>1% Low fat milk is included with meals</p>	<p><b>1 Cheesy Brown Rice &amp; Bean Casserole with Mushrooms +</b>                      Seasoned Broccoli &amp; Carrots+*                      Warm Peach/ Berry Compote+</p>
<p><b>2 Ratatouille White Bean Stew</b> (Vegetarian - zucchini, red pepper, eggplant, white beans) with Cheesy Mashed Potatoes                      Whole Wheat Roll                      Pineapple Chunks</p>	<p><b>3 Thai Basil Ground Turkey</b>                      Asian Vegetable Blend (broccoli, carrots, snap peas) +                      Steamed White &amp; Brown Rice Blend                      Citrus Cutie+</p>	<p><b>4 Swedish Meatballs (turkey or chicken)</b>                      Egg Noodles (Whole Grain)                      Steamed Broccoli and Carrots+*                      Peach Berry Compote+</p>	<p><b>5 <u>Soup is a large 12 ounces</u> Chicken &amp; Tortellini Soup</b>                      Green Salad* (Romaine &amp; Spinach) w/ Italian Dressing                      Whole Wheat Crackers                      Banana</p>	<p><b>6 Tuna Noodle Casserole (Whole Wheat Noodles) with Carrots &amp; Peas</b>                      Herbed Broccoli+                      Coleslaw+*                      Applesauce</p>	<p><b>7 Pulled Pork Sandwich on Whole Wheat Bun</b>                      Southern Green Beans                      Coleslaw+*                      Warm Spiced Peaches+</p>	<p><b>8 Indian Vegetable Curry+</b>                      with tofu &amp; chickpeas (Vegan)                      Brown Basmati Rice                      Garlicky Carrots*                      Fresh Orange+</p>
<p><b>9 Shepherd's Pie</b> (vegetarian, no crust)- soy crumble                      Bavarian Red Cabbage+                      Whole Wheat Roll                      Warm Spiced Peaches+</p>	<p><b>10 Mongolian Meatballs</b>                      Mushroom and Bok Choy Sauté+*                      Steamed Brown Rice w/ Green Onions                      Fresh Seasonal Apple</p>	<p><b>11 Chicken Fried Steak with Country Gravy</b>                      Collard Greens+*                      Whipped Sweet Potatoes*                      Whole Wheat Roll                      Fresh Citrus Cutie+</p>	<p><b>12 <u>Soup is a large 12 ounces</u> Turkey Jook</b> (Chinese rice porridge, a.k.a. Congee)                      Whole Wheat Roll                      Low Sodium V-8 Juice+                      Mixed Fresh Fruit+ (diced mango, berries, pineapple)</p>	<p><b>13 Pork Loin with Gravy</b>                      Mashed Potatoes                      Malibu Blend Mixed Vegetables (broccoli, cauliflower, carrot) +*                      Banana                      Whole Wheat Roll</p>	<p><b>14 Beef Stroganoff</b>                      With egg noodles                      Whole Wheat Crackers                      Broccoli &amp; Carrots+*                      Spiced Pears+</p>	<p><b>15 Ratatouille White Bean Stew</b> (Vegetarian - zucchini, red pepper, eggplant, white beans) with Cheesy Mashed Potatoes                      Whole Wheat Roll                      Pineapple Chunks</p>
<p><b>16 Three Sisters Stew*</b> (beans, corn, mushrooms, squash - vegetarian)                      Cheesy Mashed Potatoes                      Whole Wheat Crackers                      Warm Gingered Pears+</p>	<p><b>17 St. Patrick's Day Corned Beef Hash</b> (onions, corned beef, and potatoes)                      Braised Green Cabbage+                      Braised Carrots*                      WW Roll                      Fresh Seasonal Apple   <i>Higher Sodium Meal</i></p>	<p><b>18 Cheese Ravioli with Marinara</b>                      Herbed Broccoli &amp; Carrots+*                      Three Bean Salad                      Whole Wheat Bread                      Warm Peach Berry Compote+</p>	<p><b>19 <u>Soup is a large 12 ounces</u> Italian Wedding Meatball Soup (beef, x4)*</b>                      Whole Wheat Bread                      Three Bean Salad                      Seasonal Citrus Cutie+</p>	<p><b>20 Elsie's Chicken Adobo</b>                      Brown Rice                      Malibu Blend Mixed Vegetables (broccoli, cauliflower, carrot) +*                      Banana</p>	<p><b>21 Pork Loin with Gravy</b>                      Whipped Sweet Potatoes*                      Steamed Zucchini                      Warm Spiced Peaches+                      Whole Wheat Roll</p>	<p><b>22 Shepherd's Pie</b> (vegetarian, no crust) soy crumble                      Bavarian Red Cabbage+                      Whole Wheat Roll                      Mixed Fruit (pineapple, pear, cherries) +</p>
<p><b>23 Sweet Potato Peanut Stew over Quinoa*</b> (Vegan, with peanuts &amp; chickpeas)                      Seasoned Greens+*                      Warm Spiced Pears+  <i>Contains Peanuts</i></p>	<p><b>24 White Fish with Oyster Sauce</b>                      Stir Fried Carrots and Cabbage*                      Steamed Brown Rice                      Fresh Citrus Cutie+</p>	<p><b>25 Chicken Parmesan</b>                      Whole Wheat Pasta                      Garlicky Broccoli &amp; Carrots +*                      Warm Peach Berry Compote+</p>	<p><b>26 <u>Soup is a large 12 ounces</u> Albondigas (Mexican beef meatball soup)</b>                      Whole Wheat Crackers                      Low Sodium V-8 Juice+                      Banana</p>	<p><b>27 Beef and Bean Chili</b>                      Brown Rice                      Seasoned Mixed Vegetables (beans, corn, carrots)                      Applesauce</p>	<p><b>28 Elsie's Chicken Adobo</b>                      Brown Rice                      Mixed Vegetables (beans, corn, carrots)                      Fresh Citrus Cutie+</p>	<p><b>29 Three Sisters Stew*</b> (beans, corn, mushrooms, squash - vegetarian)                      Cheesy Mashed Potatoes                      Whole Wheat Crackers                      Ginger Spiced Pears+</p>

## Eat Right

Food, Nutrition and Health Tips from the Academy of Nutrition and Dietetics



### Healthy Eating Tips

- ❖ **Eat Breakfast:** Start your day with a healthy breakfast that includes lean protein, whole grains, fruits and vegetables. Try making a breakfast burrito with scrambled eggs, low-fat cheese, salsa and a whole wheat tortilla or a parfait with low-fat plain yogurt, fruit and whole grain cereal.
- ❖ **Make Half Your Plate Fruits and Vegetables:** Fruits and veggies add color, flavor and texture plus vitamins, minerals and dietary fiber to your plate. Make 2 cups of fruit and 2 ½ cups of vegetables your daily goal. Experiment with different types, including fresh, frozen and canned.
- ❖ **Get to Know Food Labels:** Reading the Nutrition Facts panel can help you choose foods and drinks to meet your nutrient needs.
- ❖ **Follow Food Safety Guidelines:** Reduce your chances of getting sick with proper food safety. This includes: regular hand washing, separating raw foods from ready-to-eat foods, cooking foods to the appropriate internal temperature, and refrigerating food promptly. Learn more about home food safety at [eatright.org](http://eatright.org).
- ❖ **Drink More Water:** Quench your thirst with water instead of drinks with added sugars. Stay hydrated and drink plenty of water, especially if you are active, an older adult or live or work in hot conditions.
- ❖ **Order Out without Ditching Goals:** You can eat out and stick to your healthy eating plan! The key is to plan ahead, ask questions and choose foods carefully. Compare nutrition information, if available, and look for healthier options that are grilled, baked, broiled or steamed.
- ❖ **Reduce Added Sugars:** Foods and drinks with added sugars can contribute empty calories and little or no nutrition. Review the new and improved Nutrition Facts label or ingredients list to identify sources of added sugars.

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