

# MEALS ON WHEELS



## APRIL 2026



### #510-981-5250

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<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>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><b>1 Chicken &amp; Sausage Gumbo</b> Brown Rice Collard Greens+* Garden Salad with Balsamic Dressing+ Spiced Peaches (Vit C fortified)+</p>	<p><b>2 Soup is a large 12 ounces Southwest Chicken Vegetable Soup</b> Whole Wheat Crackers Garden Salad with Cilantro Lime Dressing+ Cutie Citrus+</p>	<p><b>3 Meat Loaf (Turkey) w/ Gravy</b> Whipped Sweet Potatoes* Steamed Broccoli &amp; Cauliflower+ Whole Wheat Bread Banana</p>	<p><b>4 Beef and Bean Chili</b> Brown Rice Southern Green Beans Mandarin orange fruit cup+</p>	<p><b>5 Sweet Potato Peanut Stew over Quinoa</b> (Vegan, with peanuts &amp; chickpeas) Seasoned Greens Warm Spiced Pears+ (vitamin C-fortified) <i>Contains Peanuts</i></p>
<p><b>6 Spinach &amp; Mushroom Lasagna (Vegetarian)- Whole Grain lasagna noodle</b> Zucchini Warm White Bean Ragù Applesauce Cup</p>	<p><b>7 Teriyaki Chicken</b> Asian Vegetable Medley Stir Fry (broccoli, carrots, snap peas)+ Steamed Brown Rice Fresh Citrus Cutie +</p>	<p><b>8 Chicken Enchilada Casserole</b> Zucchini, Corn &amp; Peppers+ Mexican Coleslaw Warm Pineapple Chunks</p>	<p><b>9 Soup is a large 12 ounces Thai Fish Curry Soup</b> Whole Wheat Crackers x2 (Deliv. Wed) Coleslaw (Wed) Asian Pear</p>	<p><b>10 Beef and Vegetable Stew*</b> Zucchini Brown Rice Diced Mango+</p>	<p><b>11 Meat Loaf (Turkey) w/ Gravy</b> Whipped Sweet Potatoes* Broccoli/Zucchini Medley Whole Wheat Bread Warm Peach/Berry Compote+</p>	<p><b>12 Homemade Baked Macaroni &amp; Cheese (Vegetarian)</b> Braised Collard Greens+* Black Eyed Peas Whole Wheat Roll Seasonal Citrus Cutie+</p>
<p><b>13 Cheesy Brown Rice &amp; Bean Casserole Mushrooms+</b> Seasoned Broccoli &amp; Carrots+* Warm Peach/ Berry Compote+</p>	<p><b>14 Chicken and Mushroom in Black Bean Sauce</b> Sesame Green Beans Steamed White &amp; Brown Rice Blend Mandarin Oranges+</p>	<p><b>15 Chicken Tikka Masala</b> White &amp; Brown Basmati Rice Blend Roasted Butternut Squash+* Green Salad w/ cilantro lime dressing Tropical Fruit Cup+</p>	<p><b>16 Soup is a large 12 ounces Chicken Pozole</b> Green Salad (Romaine &amp; Cabbage) with shredded carrots with citrus vinaigrette Whole Wheat Crackers Banana</p>	<p><b>17 Baked Cod in a Lemon Garlic Cream Sauce</b> Orzo WW Crackers Malibu Blend Vegetables (broccoli, carrot, cauliflower) +* Peach Berry Compote+</p>	<p><b>18 Beef and Vegetable Stew*</b> Zucchini Brown Rice Applesauce Cup</p>	<p><b>19 Spinach &amp; Mushroom Lasagna</b> (Vegetarian) Warm White Bean Ragù Italian Green Beans Fresh Cutie Citrus+</p>
<p><b>20 Indian Vegetable Curry</b> with tofu &amp; chickpeas (Vegan) Brown Basmati Rice Garlicy Carrots* Mandarin Orange+</p>	<p><b>21 Moo Shu Pork</b> Squash Medley Stir Fry + Steamed White &amp; Brown Rice Blend Tropical Fruit Cup (papaya, pineapple) +</p>	<p><b>22 Sweet &amp; Spicy Citrus Tilapia</b> Quinoa Garlicky Spinach* Broccoli+ Banana</p>	<p><b>23 Soup is a large 12 ounces Chicken &amp; Vegetable Tortilla Soup</b> Tortilla Chips Low Sodium V-8+ Pineapple Fruit Cup+</p>	<p><b>24 Pulled Pork Sandwich on Whole Wheat Bun/Roll</b> Southern Green Beans Warm Spiced Peaches+</p>	<p><b>25 Baked Chicken w/ Lemon Garlic Cream Sauce</b> Malibu Blend Vegetables (broccoli carrots &amp; cauliflower) +* Orzo Whole Wheat Crackers Asian Pear</p>	<p><b>26 Cheesy Brown Rice &amp; Bean Casserole with Mushrooms +</b> Zucchini, Corn &amp; Peppers+ Warm Peach/ Berry Compote+</p>
<p><b>27 Ratatouille White Bean Stew</b> (Vegetarian - zucchini, red pepper, eggplant, white beans) with Cheesy Mashed Potatoes Whole Wheat Roll Mango Chunks+</p>	<p><b>28 Thai Basil Ground Turkey</b> Asian Vegetable Blend (broccoli, carrots, snap peas)+ Steamed White &amp; Brown Rice Blend Citrus Cutie+</p>	<p><b>29 Swedish Meatballs (beef)</b> Egg Noodles (Whole Grain) Steamed Broccoli and Carrots+* Peach Berry Compote+</p>	<p><b>30 Soup is a large 12 ounces Chicken &amp; Tortellini Soup</b> Green Salad (Romaine &amp; Spinach) w/ Italian Dressing Whole Wheat Crackers Banana</p>		<p><i>+denotes vitamin C-rich foods</i> <i>*denotes vitamin A-rich foods</i></p> <p>1% Low fat milk is included with meals</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> 

## Should Older Adults Take Supplements?

While most experts agree that getting our essential vitamins and minerals from food is better than from a pill, there are exceptions. **Older adults are at risk of deficiency from two vitamins, Vitamin D and Vitamin B12, even if they eat a well-balanced diet.** While low levels of nutrients such as calcium or Omega-3 fats are usually related to inadequate intake by diet, you are at risk of deficiency of these two vitamins simply because you are lucky enough to be an older adult!



You might remember **Vitamin D** as the "sunshine vitamin". Most of the Vitamin D we receive is from exposure to the sun. There is just not enough Vitamin D in foods--even though some food is fortified with Vitamin D-- for older adults to get enough by diet. As we age, our skin loses its elasticity, and the dermis (outer layer) thins. As a result, an older adult absorbs less than 1/2 of the Vitamin D that same person absorbed when they were younger. If your skin is darker, you have absorbed less throughout your life, so you are at particular risk when you get older. If your skin is lighter, you are usually told to stay out of the sun. **For these reasons, all older adults should take supplemental Vitamin D, usually about 800-1,000 International Units (IU)s daily.**

You might know **Vitamin B12** as the supplement that vegans need, since it is found only in animal products. Up to 30% of older adults do not make as much acid in their stomach as they did when they were younger, a fairly benign condition called atrophic gastritis. This condition makes **Vitamin B12**, needed in only very small amounts, unavailable to the body. **Therefore, the FDA recommends a daily supplement of Vitamin B12.**

When choosing a supplement, you as the consumer needs to be alert. **It is a "buyers beware" market.** Manufacturers do not need to get FDA approval before producing or selling dietary supplements. The government does not provide oversight.

### ***When buying supplements, keep this in mind:***

- **Buy a supplement intended for older adults. Don't take duplicate amounts of one supplement.**
- **Buy your supplements from a store you know and trust. Generally, online supplements are expensive and may not contain what they say they do.**
- **Know which supplements you are taking, how much, and why you are taking them.**
- **Make sure the label has a USP mark. USP is a scientific nonprofit organization that establishes federally recognized standards for the quality of drugs, dietary supplements, and foods.**

