

MEALS ON WHEELS

MAY 2026

#510-981-5250

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<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>	<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>			1 Baked Cod in a Lemon Garlic Cream Sauce Orzo Malibu Blend Vegetables (broccoli, carrot, cauliflower) +* Whole Wheat Crackers Peach/Berry Compote+	2 Beef and Vegetable Stew Zucchini Brown Rice Applesauce Cup	3 Spinach & Mushroom Lasagna* (Vegetarian) Warm White Bean Ragu Garlic Green Beans Fresh Cutie Citrus+
4 Indian Vegetable Curry with tofu & chickpeas (Vegan) Brown Basmati Rice Garlicky Carrots* Seasonal Citrus Cutie+	5 Lemongrass Chicken Squash Medley Stir Fry Steamed White & Brown Rice Blend (with chicken) Papaya Cup +	6 Sweet & Spicy Citrus Tilapia Quinoa Garlicky Spinach* Steamed Broccoli+ Banana	7 Chicken & Vegetable Tortilla Soup Tortilla Chips Low Sodium V-8 Juice+ Pineapple Fruit Cup+	8 Beef Brisket au jus Mashed Potatoes Southern Green Beans Whole Wheat Roll Warm Spiced Peaches+	9 Baked Chicken w/ Lemon Garlic Cream Sauce Orzo Malibu Blend Vegetables (broccoli carrots & cauliflower) +* Whole Wheat Crackers Asian Pear	10 Vegetable Enchilada Casserole (with beans) Zucchini, Corn & Peppers+ Warm Pineapple Chunks
11 Pasta Primavera (broccoli, bell peppers, onion, etc.) + with Whole Wheat Penne White Bean Ragu Peach/Berry Compote+	12 Thai Basil Ground Turkey Asian Vegetable Blend (broccoli, carrots, snap peas) + Steamed White & Brown Rice Blend Citrus Cutie+	13 Meatball Stroganoff (chicken or beef) Egg Noodles (Whole Grain) Steamed Broccoli and Carrots+* Spiced Peaches+	14 Beef & Barley Soup Spinach Salad* w/ Balsamic Dressing Low Sodium V-8 Juice+ Whole Wheat Roll Pineapple & Mango Chunks	15 Tuna Noodle Casserole (Whole Wheat Noodles) with Carrots & Peas Herbed Broccoli+ Creamy Coleslaw+* Cinnamon Applesauce	16 Turkey Sloppy Joe on Whole Wheat Bun Garlicky Green Beans Creamy Coleslaw+ Peach/Berry compote+	17 Indian Vegetable Curry+ with tofu & chickpeas (Vegan) Brown Basmati Rice Roasted Sweet Potato* Green Beans Fresh Orange+
18 Shepherd's Pie (vegetarian, no crust)- soy crumble Bavarian Red Cabbage+ Whole Wheat Roll Warm Spiced Peaches+	19 Mongolian Meatballs (Beef) Mushroom and Bok Choy Sauté+* x2 Steamed Rice w/ Green Onions (1/2 white & 1/2 brown)—under meatballs in tray Fresh Seasonal Apple *Malcome X's birthday	20 Chicken Fried Steak with Country Gravy Collard Greens+* Whipped Sweet Potatoes+ Whole Wheat Roll Fresh Citrus Cutie+	21 Turkey Jook (Chinese rice porridge, a.k.a. Congee) Low Sodium V-8 Juice+ Mixed Fruit Cup (pears, peaches, cherries)	22 Pork Loin with Gravy Mashed Potatoes Broccoli & Cauliflower+ Banana Whole Wheat Roll	23 Beef Burrito Casserole With Brown Rice Onions and Bell Peppers Zucchini Pineapple Chunks+	24 Pasta Primavera (broccoli, bell peppers, onion, etc.) with Whole Wheat Penne White Bean Ragu Peach/Berry Compote+
25 Cheese Ravioli with Marinara Herbed Broccoli & Carrots+* Three Bean Salad Whole Wheat Roll Warm Applesauce	26 Chicken Bulgogi Carrots & Mung Bean Sprouts Stir Fry* Steamed White & Brown Rice Blend Fresh Cutie Citrus+	27 Latin Roast Pork Yellow Rice (1/2 brown) (with Pork) Cuban-style Black Beans Creamy Coleslaw+ Warm Spiced Pears	28 Italian Wedding Meatball Soup (beef) Whole Wheat Roll Creamy Coleslaw+ Fresh Pear	29 Elsie's Chicken Adobo Brown Rice Mixed Vegetables (beans, corn, carrots) Fresh Citrus Cutie+	30 Pork Loin with Gravy Whipped Sweet Potatoes Zucchini Warm Peach/ Berry Compote+ Whole Wheat Roll	31 Shepherd's Pie (vegetarian, no crust) soy crumble Bavarian Red Cabbage+ Whole Wheat Roll Mango Chunks



The County of Alameda
Area Agency on Aging

Introducing the Dash Diet

DASH stands for **D**ietary **A**pproach to **S**top **H**ypertension; it is a flexible and balanced eating plan aimed to promote heart healthy eating habits.

The Dash diet aids in lowering blood pressure, lowers LDL cholesterol levels (the "bad" cholesterol), and reduces the risk of Type 2 diabetes and heart disease.



Following the Dash Diet

Whole Grains

Recommended serving: 5-6 per day.
Serving size: 1 slice bread, 1 oz of dry cereal, ½ cup of cooked rice pasta or cereal
Examples: Oatmeal, brown rice, whole grain cereal, quinoa, whole grain bread.

Vegetables

Recommended serving: 3-4 per day.
Serving size: 1 cup of raw leafy vegetable, ½ of cut-up raw or cooked vegetable, ½ cup vegetable juice.
Examples: Collards, kale, green beans, green peas, lima beans, sweet potato, broccoli, carrots.

Fruits

Recommended serving: 4 per day.
Serving size: 1 medium fruit, ¼ cup dried fruit (unsweetened), ½ cup cut fruit.
Examples: Apples, apricots, bananas, grapes, oranges, pears.

Lean Meats

Recommended serving: 3-4 per day.
Serving size: 1oz cooked meat, fish, or poultry, 1 egg.
Examples: Chicken or turkey without skins, salmon, tuna, lean beef and pork.

Dairy

Recommended serving: 2-3 per day.
Serving size: 1 cup milk/yogurt, 1.5 oz cheese.
Examples: (Reduced fat dairy products are recommended) Fat-free milk, skim milk, reduced fat cheese, fat-free cheese.

Fats and Oils

Recommended serving: 1-2 per day.
Serving size: 1 tbsp of oil, 2 tbsp of salad dressing.
Examples: Vegetable oil (canola, corn, olive) soft margarine.

Nuts, Seeds, and Legumes

Recommended serving: 3-4 per week.
Serving size: ½ cup nuts, 2 tbsp peanut butter, 2tbsp of seeds, ½ cup cooked legumes.
Examples: Almonds, hazelnuts, mixed nuts, peanuts, walnuts, sunflower seeds, kidney beans, chickpeas, black-eyed peas, lentils.

*The recommendations are based on 1400kcal-1600kcal daily.

Sweets and Added Sugar

Recommended serving: LESS THAN 3 per week.
Serving size: 1tbsp table sugar, 1tbsp jelly or jam, ½ cup sorbet, 8oz (1 cup) serving of sweetened lemonade.

Sodium

Recommended Serving: LESS THAN 2300mg per day. (~1 teaspoon),
*individuals with heart disease can benefit from reducing sodium to <1,500 mg daily to improve heart health and further lower their blood pressure.

*The information provided is for educational and informational purposes only and is not intended as medical advice. Always consult a qualified healthcare professional before making any changes to your diet, exercise routine, or medical treatment.

Visit the following Link for a sample week meal plan and menus:
<https://www.eatingwell.com/article/289964/7-day-dash-diet-menu/>