

MEALS ON WHEELS

JUNE 2026

#510-981-5250

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1 Sweet Potato Peanut Stew* over Quinoa (Vegan, with peanuts & chickpeas) Seasoned Collard Greens+* Warm Spiced Peaches+ <i>Contains Peanuts</i>	2 Ginger Scallion White Fish Stir Fried Carrots and Cabbage+* Steamed Brown Rice Fresh Citrus Cutie+	3 Chicken Parmesan Whole Wheat Pasta Ratatouille Warm Peach Berry Compote+	4 Albondigas (Mexican beef meatball soup) Whole Wheat Crackers Low Sodium V-8 Juice+ Banana	5 Deliver 6/19 & 6/20 meal Beef and Bean Chili Brown Rice Southern Green Beans Spiced Pears	6 Elsie's Chicken Adobo Brown Rice Malibu Blend Vegetables (broccoli, cauliflower, carrots) +* Fresh Citrus Cutie+	7 Cheese Ravioli with Marinara Herbed Broccoli & Carrots+* Three Bean Salad Whole Wheat Roll Warm Applesauce
8 Homemade Baked Macaroni & Cheese (Vegetarian) Braised Collard Greens+* Lima Beans Whole Wheat Roll Seasonal Citrus Cutie+	9 Beef and Tomato Stir Fry Seasoned Carrots & Cabbage* Vegetable Fried Brown Rice Spiced Poached Pears+	10 Chicken & Sausage Gumbo Brown Rice Collard Greens+* Green Salad (Romaine & Spinach) * w/ Italian Dressing Spiced Peaches+	11 Chicken & Tortellini Soup Green Salad (Romaine & Spinach) * w/ Italian Dressing Whole Wheat Crackers Banana	12 Deliver 7/5 & 6/21 meal Meat Loaf (Turkey) w/ Gravy Whipped Sweet Potatoes* Broccoli/Zucchini Medley Whole Wheat Roll Peach/Berry Compote+	13 Lemon Thyme Chicken Over Brown Rice Seasoned Carrots & Zucchini* Warm Spiced Apples	14 Sweet Potato Peanut Stew* over Quinoa (Vegan, with peanuts & chickpeas) Seasoned Collard Greens+* Warm Spiced Peaches+ (vitamin C-fortified) <i>Contains Peanuts</i>
15 Spinach & Mushroom Lasagna (Vegetarian) Garlic Green Beans Warm White Bean Ragu Fresh Cutie Citrus+	16 Teriyaki Chicken Asian Vegetable Medley Stir Fry (broccoli, carrots, snap peas) +* Steamed Brown Rice Pineapple Chunks+	17 BBQ Chicken Thigh Seasoned Greens+* Coleslaw+ Whole Wheat Crackers Warm Cinnamon Spiced Applesauce	18 Thai Fish Curry Soup Whole Wheat Crackers Coleslaw Asian Pear	19 MOW Closed Juneteenth Delivered meal on 6/5 Beef and Vegetable Stew* Zucchini Brown Rice Diced Mango+	20 Delivered on 6/5 Tuscan Chicken over Whole Wheat Penne Garlicky Spinach* Warm Sliced Peaches+	21 Delivered on 6/12 Homemade Baked Macaroni & Cheese (Vegetarian) Braised Collard Greens+* Black Eyed Pea Whole Wheat Roll Seasonal Citrus Cutie+
22 Vegetable Enchilada Casserole Zucchini, Corn & Peppers+ Whole Wheat Cracker Warm Pineapple Chunks	23 Chicken and Mushroom in Black Bean Sauce Sesame Green Beans Steamed White & Brown Rice Blend Cutie Citrus+	24 Butter Chicken White & Brown Rice Blend Herbed String Beans Green Salad (Romaine & Cabbage) with shredded carrots with balsamic vinaigrette Warm Spiced Peaches+	25 Chicken Pozole Green Salad (Romaine & Cabbage) with shredded carrots with balsamic vinaigrette Whole Wheat Crackers Banana	26 Deliver 7/3 & 7/4 meal Baked Cod in a Lemon Garlic Cream Sauce Orzo Malibu Blend Vegetables (broccoli, carrot, cauliflower) +* Whole Wheat Crackers Peach/Berry Compote+	27 Beef and Vegetable Stew Zucchini Brown Rice Applesauce Cup	28 Spinach & Mushroom Lasagna* (Vegetarian) Warm White Bean Ragu Steamed Zucchini Fresh Cutie Citrus+
29 Indian Vegetable Curry with tofu & chickpeas (Vegan) Brown Basmati Rice Garlicky Carrots* Seasonal Citrus Cutie+	30 Lemongrass Chicken Squash Medley Stir Fry + Steamed White & Brown Rice Blend Tropical Fruit Cup (papaya, pineapple) +		<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>	<i>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>+denotes vitamin C-rich foods *denotes vitamin A-rich foods</i> 1% Low fat milk is included with meals	<i>Meals prepared by Nutrition Solutions, Inc. with Title III Older American Act Funds administered by Alameda Area Agency on Aging</i>



DEMENTIA PREVENTION



WHAT IS DEMENTIA

Dementia is not a specific disease. It is an overall term that describes a decline in mental ability that interferes with daily life. It affects memory, thinking, and behavior. Alzheimer's is the most common type of dementia. It is estimated that 6.7 million older adults have Alzheimer's disease in the United States, and that number is expected to double by 2060.

LIFESTYLE FACTORS THAT CAN PREVENT DEMENTIA

Exercise

- Exercise is the most powerful tool to improve brain health.
- Doing **150** minutes of exercise **per week** has been shown to increase brain volume and reduce inflammation that damages brain tissue.
- Simply walking is a great exercise to start with.

Engage in activities that stimulate the brain

- Challenge your brain through learning new skills (take a class), solving puzzles, or reading complex texts.
- Attending social events and staying connected with friends and family.



Drinking & Smoking

- Drinking alcohol and smoking increase your risk of dementia.
- Quitting smoking and drinking in moderation (it is best to quit drinking completely) can reduce your risk of dementia

Managing blood sugar and blood pressure

- Having high blood pressure and uncontrolled blood sugar has been shown to increase your risk of dementia.
- It is important to take your medications properly & make additional lifestyle (diet& exercise) changes.

Prevent or correct hearing loss.

- Having hearing loss may make the brain work harder and at the expense of thinking and memory.
- Correcting hearing loss (using hearing aids), can reduce your risk of dementia

The MIND Diet

- Research suggests the following dietary pattern can reduce your risk of dementia.
- 3+ servings a day of whole grains
- 1+ servings a day of vegetables (other than green leafy)
- 6+ servings a week of green leafy vegetables
- 5+ servings a week of nuts
- 4+ meals a week of beans
- 2+ servings a week of berries
- 2+ meals a week of poultry
- 1+ meals a week of fish
- Olive oil (healthy fats)
- Less than 5 servings a week of pastries and sweets
- Less than 4 servings a week of red meat (including beef, pork, lamb, and products made from these meats)
- Less than one serving a week of cheese and fried foods
- Less than 1 tablespoon a day of butter/stick margarine