

MEALS ON WHEELS

JULY 2026

#510-981-5250

MONDAY-FRZ	TUESDAY-FRZ	WEDNESDAY-FRZ	THURSDAY-FRZ	FRIDAY-FRZ	SATURDAY-FRZ	SUNDAY-FRZ
<i>+denotes vitamin C-rich foods</i> <i>*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> <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>	1 Sweet & Spicy Citrus Tilapia Quinoa Garlicky Spinach* Steamed Broccoli+ Banana	2 Chicken & Vegetable Tortilla Soup Tortilla Chips Low Sodium V-8 Juice+ Pineapple Fruit Cup+	3 Delivered Meal on 6/26 Beef Brisket au jus Mashed Potatoes Southern Green Beans Whole Wheat Roll Warm Spiced Peaches+	4 Delivered Meal on 6/26 Happy 4th of July Baked Chicken w/ Lemon Garlic Cream Sauce Brown Rice Malibu Blend Vegetables (broccoli carrots & cauliflower) +* Diced Pears	5 Delivered on 6/12 Vegetable Enchilada Casserole Zucchini, Corn & Peppers+ Warm Pineapple Chunks+
6 Pasta Primavera (broccoli, bell peppers, onion, etc.) + with Whole Wheat Penne White Bean Ragu Pear/Berry Compote+	7 Thai Basil Ground Turkey Asian Vegetable Blend (broccoli, carrots, snap peas) + Steamed White & Brown Rice Blend Citrus Cutie+	8 Meatball Stroganoff (chicken or beef) Egg Noodles (Whole Grain) Steamed Broccoli and Carrots+* Spiced Peaches+	9 Beef & Barley Soup Spinach Salad w/ Balsamic Dressing* Papaya & Mango Chunks+	10 Tuna Noodle Casserole (Whole Wheat Noodles) with Carrots & Peas Herbed Broccoli+ Creamy Coleslaw+* Cinnamon Applesauce	11 Turkey Sloppy Joe on Whole Wheat Bun Garlicky Green Beans Creamy Coleslaw+* Peach/Berry compote+	12 Indian Vegetable Curry+ with tofu & chickpeas (Vegan) Roasted Sweet Potato* Green Beans Brown Basmati Rice Cantaloupe+*
13 Shepherd's Pie (vegetarian, no crust)- soy crumble Bavarian Red Cabbage+ Whole Wheat Roll Warm Spiced Peaches+	14 Mongolian Meatballs (Pork & Chicken) Mushroom and Bok Choy Sauté+* Steamed Rice w/ Green Onions Fresh Seasonal Apple	15 Chicken Fried Steak with Country Gravy Collard Greens+* Whipped Sweet Potatoes* Whole Wheat Roll Watermelon Wedge	16 Turkey Jook (Chinese rice porridge, a.k.a. Congee) Low Sodium V-8 Juice+ WW Roll Mixed Fruit Cup (pears, peaches, cherries)	17 Pork Loin with Gravy Mashed Potatoes Broccoli & Cauliflower+ Banana Whole Wheat Roll	18 Beef Burrito Casserole With Brown Rice Onions and Bell Peppers+ Pineapple Chunks+	19 Pasta Primavera (broccoli, bell peppers, onion, etc.)+ with Whole Wheat Penne White Bean Ragu Peach/Berry Compote+
20 Cheese Ravioli with Marinara Herbed Broccoli & Carrots+* Three Bean Salad Whole Wheat Roll Warm Applesauce	21 Chicken Bulgogi Carrots & Mung Bean Sprouts Stir Fry* Steamed White & Brown Rice Blend Fresh Cutie Citrus+	22 Latin Roast Pork Yellow Rice Cuban-style Black Beans Creamy Coleslaw+* Warm Spiced Peaches+	23 Italian Wedding Meatball Soup (beef, x4) Whole Wheat Roll Creamy Coleslaw+* (wed) Fresh Plum	24 Elsie's Chicken Adobo Mixed Vegetables (beans, corn, carrots) Brown Rice Fresh Citrus Cutie+	25 Pork Loin with Gravy Whipped Sweet Potatoes* Zucchini Whole Wheat Roll Warm Peach/ Berry Compote+	26 Shepherd's Pie (vegetarian, no crust) soy crumble Bavarian Red Cabbage+ Whole Wheat Roll Mango Chunks+
27 Sweet Potato Peanut Stew* over Quinoa (Vegan, with peanuts & chickpeas) Seasoned Collard Greens+* Warm Spiced Peaches+ <i>Contains Peanuts</i>	28 Ginger Scallion White Fish Stir Fried Carrots and Cabbage+* Steamed Brown Rice Fresh Citrus Cutie+	29 Chicken Parmesan Whole Wheat Pasta Ratatouille+ Warm Peach Berry Compote+	30 Albondigas (Mexican beef meatball soup) Whole Wheat Crackers Low Sodium V-8 Juice+ Banana	31 Beef and Bean Chili Southern Green Beans Brown Rice Spiced Pears		 The County of Alameda Area Agency on Aging

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.



FIGHT THE HEAT WITH HYDRATION



Dehydration is when the body "dries out" due to drinking too little water, losing too much fluid, or both. Fluid loss can be caused by vomiting, diarrhea, sweating, urination, and medications (diuretics-water pills).

YOU MAY BE DEHYDRATED IF YOU EXPERIENCE:

Dark colored urine
Frequent urination, but only small amounts
Dry mouth
Constipation/ small hard stools
Dry skin/ cracked lips

Frequent UTI's
Headaches
Confusion
Dizziness/light-headedness
Fast heartrate
Dry eyes



WHAT CAN I DO TO PREVENT DEHYDRATION?

Stay Hydrated!

As a rule of thumb, it is recommended to take in about one-third of your body weight and drink that number of ounces in fluids. Examples include: water, smoothies and tea.

For example: if you weigh 150 pounds, aim to drink at least 50 ounces or 6 cups of water each day. The National Academy of Medicine suggests an adequate intake of daily fluids to be about 13 cups for men and 9 cups for women aged 51 or older.

TIPS:

Choose foods high in water content, such as fruits and vegetables. This summer think melons, cucumbers, tomatoes.

Get in the habit of carrying a reusable water bottle so you can always keep water with you.

Add lemon slices, or other fruit to spice up your water and add flavor.

Drink a glass of water with each meal and snack.