

MEALS ON WHEELS

SEPTEMBER 2026

#510-981-5250

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

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.

Preventing Malnutrition and Unintentional Weight Loss

It is normal to lose your appetite when you are sick, but you do not want to lose weight. If you have recently lost weight without trying, you should speak to your doctor and dietitian. Unintentional weight loss is one of the common signs of malnutrition.

What are signs of unintentional weight loss?

It is important to recognize and address the signs of unintentional weight loss as early as possible.

Some signs include:

- Eating less food than you normally do or skipping meals.
- Not enjoying your favorite foods.
- Your clothes, belt buckle, jewelry, or dentures are becoming loose.
- Your face looks thinner when you look in the mirror.

Tips to prevent weight loss:

- **Unless you have a medical need to avoid certain foods**, you do not need to follow any kind of strict diet.
- Eat with others. Being social can encourage you to eat more.
- Eat small amounts of food often. Try six, small nourishing snacks a day rather than three larger meals.
- Eat a source of protein at every meal and snack. Protein-rich foods include meat, seafood, eggs, dairy, tofu, legumes, and nuts.
- If you find yourself in residential care or a hospital, speak to your doctor and/or nurses about a high protein/high energy diet. Speak to the dietitian about a full nutrition assessment.

If you have recently lost weight without trying, please consult your doctor.