NOVEMBER 2026
Meals on Wheels
#510-981-5250

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
30 Spinach & Mushroom Lasagna* (Vegetarian) Garlic Green Beans Warm White Bean Ragu Fresh Citrus Cutie+	*+Denotes vitamin C-rich foods* **Denotes vitamin A-rich foods* 1% Low fat milk is included with meals	*Meals prepared by Nutrition Solutions, Inc. with Title III Older American Act Funds administered by Alameda Area Agency on Aging*	*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 Higher Sodium Meal.*	*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.*		**1 Indian Vegetable Curry+ with tofu & chickpeas (Vegan)** Brown Basmati Rice Roasted Sweet Potato* Green Beans Fresh Orange+
2 Shepherd's Pie (vegetarian, no crust)- soy crumble Bavarian Red Cabbage+ Whole Wheat Roll Warm Spiced Peaches+	**3 Mongolian Meatballs** (Pork & Chicken) Mushroom and Bok Choy Sauté+* Steamed Rice w/ Green Onions Fresh Seasonal Apple	**4 Deliver 11/11 & 11/12 meal** **Chicken Fried Steak with Country Gravy** Collard Greens+* Whipped Sweet Potatoes* Whole Wheat Roll Fresh Citrus Cutie+	**5 Turkey Jook (Chinese rice porridge, a.k.a. Congee)** Low Sodium V-8 Juice+ Whole Wheat Roll Mixed Fruit Cup (pears, peaches, cherries)	**6 DELIVER 11/29 MEAL** **Pork Loin with Gravy** Mashed Potatoes Broccoli & Cauliflower+ Banana Whole Wheat Roll	**7 Beef Burrito Casserole** With Brown Rice Onions and Bell Peppers+ Zucchini Pineapple Chunks+	**8 Pasta Primavera (broccoli, bell peppers, onion, etc.) +** with Whole Wheat Penne White Bean Ragu Peach/Berry Compote+
9 **Penne alla Marinara** (WW Noodles) Herbed Broccoli & Carrots+* Three Bean Salad Whole Wheat Roll Warm Applesauce	**10** **Chicken Bulgogi** Carrots & Mung Bean Sprouts Stir Fry* Steamed White & Brown Rice Blend Fresh Cutie Citrus+	**11 MOW CLOSED VETERAN'S DAY** **DELIVER 11/4** **Latin Roast Pork** Yellow Rice Cuban-style Black Beans Creamy Coleslaw+* Warm Spiced Peaches+	**12 MOW CLOSED VETERAN'S DAY** **DELIVER 11/4** **Italian Wedding Meatball Soup (beef, x4)** Whole Wheat Roll Creamy Coleslaw+* Fresh Pear	**13 DELIVER 11/28 MEAL** **Elsie's Chicken Adobo** Brown Rice Mixed Vegetables (beans, corn, carrots) Fresh Citrus Cutie+	**14 Blackened Citrus Cod** Whipped Sweet Potatoes* Zucchini Warm Peach/ Berry Compote+ Whole Wheat Bread	**15 Shepherd's Pie** (vegetarian, no crust) soy crumble Bavarian Red Cabbage+ Whole Wheat Bread Mango Chunks+
16 Sweet Potato Peanut Stew* over Quinoa (Vegan, with peanuts & chickpeas) Seasoned Collard Greens+* Warm Spiced Peaches+ *Contains Peanuts*	**17 Ginger Scallion White Fish** Stir Fried Carrots and Cabbage+* Steamed Brown Rice Fresh Citrus Cutie+	**18** **Chicken Parmesan** Whole Wheat Pasta Ratatouille+ Warm Peach Berry Compote+	**19** **Albondigas (Mexican beef meatball soup)** Whole Wheat Roll Low Sodium V-8 Juice+ Banana	**20 DELIVER 11/27 MEAL** **Beef and Bean Chili** Brown Rice Southern Green Beans Spiced Pears	**21 Baked BBQ Chicken** Brown Rice Malibu Blend Vegetables (broccoli, cauliflower, carrots) +* Fresh Citrus Cutie+	**22 Cheese Ravioli with Marinara** Herbed Broccoli & Carrots+* Three Bean Salad Whole Wheat Roll Warm Applesauce+
23 Homemade Baked Macaroni & Cheese (Vegetarian) Braised Collard Greens+* Lima Beans Whole Wheat Roll Seasonal Citrus Cutie+	**24** **Beef and Tomato Stir Fry** Seasoned Carrots & Cabbage+* Vegetable Fried Brown Rice Spiced Poached Pears	**25** **Roast Turkey w/ Gravy** Savory Dressing Whole Wheat Roll Mashed Sweet Potatoes* Seasoned Green Beans Orange+	**26 Turkey (ground), Kale, Sweet Potato & Brown Rice Soup+*** Whole Wheat Bread Green Salad (Romaine) with carrots, dried cranberries & Dressing Banana	**27 DELIVERED ON 11/20** **Meat Loaf (Beef) w/ Gravy** Whipped Sweet Potatoes* Broccoli/Zucchini Medley+ Whole Wheat Bread Peach/Berry Compote+	**28 DELIVERED ON 11/13** **Lemon Thyme Chicken** Over Brown Rice Seasoned Carrots & Zucchini* Fresh Citrus Cutie+	**29 DELIVERED ON 11/6** **Sweet Potato Peanut Stew* over Quinoa** (Vegan, with peanuts & chickpeas) Seasoned Collard Greens+* Warm Spiced Pears *Contains Peanuts*

How to Read a Food Label

The Nutrition Facts label tells you what is in your food. Learning to read it can help you make healthy choices. Match each color to the label.

1. Start with the serving size.

All the numbers on the label are for one serving. If you eat two servings, you get double the calories, salt, and sugar.

2. Check the calories.

Calories tell you how much energy a food gives you.

3. Use the % Daily Value (%DV).

This shows how much of your daily need one serving gives you. If sodium says 25%, one serving is a quarter of your salt for the day. 5% or less is LOW for a nutrient. 20% or more is HIGH for a nutrient.

Nutrition Facts

8 servings per container	
Serving size	1 cup (240g)
Calories	**180**
	% Daily Value*
Total Fat 7g	9%
Saturated Fat 1g	5%
Cholesterol	0%
Sodium 520mg	23%
Total Carbohydrate 24g	23%
Dietary Fiber 5g	18%
Total Sugars 6g	18%
Includes 3g Added Sugars	
Protein 6g	6%
Vitamin D 2mg	10%
Calcium 120mg	10%
Iron 1mg	6%
Potassium 340mg	

*The % Daily Value tells you how much a nutrient in one serving contributes to a daily diet.

INGREDIENTS

Water, vegetables, whole grain oats, beans, tomato paste, olive oil, salt, cane sugar, natural flavors.

4. Aim for LESS of these:

Sodium (salt), saturated fat, and added sugars. Too much sodium can raise your blood pressure.

5. Aim for MORE of these:

Fiber, calcium, vitamine D, and potassium. They help keep your heart, bones, and gut healthy

6. Read the ingredients list.

Ingredients are listed from most to least. If salt or sugar is near the top, the food has a lot of it.

Tip: Canned foods can be high in sodium. Rinsing canned beans and vegetables can wash some of it away