

MEALS ON WHEELS

AUGUST 2026

#510-981-5250

MONDAY-FRZ	TUESDAY-FRZ	WEDNESDAY-FRZ	THURSDAY-FRZ	FRIDAY-FRZ	SATURDAY-FRZ	SUNDAY-FRZ
31 Pasta Primavera (broccoli, bell peppers, onion, etc.) + with Whole Wheat Penne White Bean Ragu Peach/Berry Compote	<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 Elsie's Chicken Adobo Brown Rice Malibu Blend Vegetables (broccoli, cauliflower, carrots)+* Fresh Citrus Cuties+	2 Cheese Ravioli with Marinara Herbed Broccoli & Carrots+* Three Bean Salad Whole Wheat Roll Warm Applesauce+
3 Homemade Baked Macaroni & Cheese (Vegetarian) Braised Collard Greens+* Lima Beans Whole Wheat Roll Seasonal Citrus Cuties +	4 Beef and Tomato Stir Fry Seasoned Carrots & Cabbage+* Vegetable Fried Brown Rice Spiced Poached Pears+	5 Chicken & Sausage Gumbo Brown Rice Collard Greens+* Green Salad (Romaine & Spinach)* w/ Italian Dressing Spiced Peaches+	6 <i>Soup = 12 oz</i> Chicken & Tortellini Soup Green Salad (Romaine & Spinach) * w/ Italian Dressing Whole Wheat Crackers Banana	7 Meat Loaf (Turkey) w/ Gravy Whipped Sweet Potatoes* Broccoli/Zucchini Medley+ Whole Wheat Roll Peach/Berry Compote+	8 Lemon Thyme Chicken Over Brown Rice Seasoned Carrots & Zucchini* Warm Spiced Apples	9 Sweet Potato Peanut Stew* over Quinoa (Vegan, with peanuts & chickpeas) Seasoned Collard Greens+* Warm Spiced Pears+ (vitamin C-fortified) <i>Contains Peanuts</i>
10 Spinach & Mushroom Lasagna (Vegetarian) Garlic Green Beans Warm White Bean Ragu Fresh Citrus Cutie+	11 Teriyaki Chicken Asian Vegetable Medley Stir Fry (broccoli, carrots, snap peas)+* Steamed Brown Rice Pineapple Chunks+	12 BBQ Chicken Thigh Seasoned Greens+* Coleslaw+ Whole Wheat Crackers Warm Cinnamon Spiced Applesauce	13 <i>Soup = 12 oz</i> Thai Fish Curry Soup Whole Wheat Crackers Coleslaw+ Asian Pear	14 Beef and Vegetable Stew* Zucchini Brown Rice Diced Mango+	15 Tuscan Chicken over Whole Wheat Penne Garlicky Spinach* Warm Sliced Peaches+	16 Homemade Baked Macaroni & Cheese (Vegetarian) Braised Collard Greens+* Black Eyed Pea Whole Wheat Roll Seasonal Citrus Cuties+
17 Vegetable Enchilada Casserole Zucchini, Corn & Peppers+ Whole Wheat Crackers Warm Pineapple Chunks+	18 Chicken and Mushroom in Black Bean Sauce Sesame Green Beans Steamed White & Brown Rice Blend Fresh Citrus Cuties+	19 Butter Chicken White & Brown Rice Blend Herbed String Beans Green Salad (Romaine & Cabbage) with shredded carrots with vinaigrette Whole Wheat Crackers Warm Spiced Peaches+	20 <i>Soup = 10 oz</i> Chicken Pozole Green Salad (Romaine & Cabbage) with shredded carrots with vinaigrette Whole Wheat Crackers Banana	21 Baked Cod in a Lemon Garlic Cream Sauce Orzo Malibu Blend Vegetables (broccoli, carrot, cauliflower) +* Whole Wheat Crackers Peach/Berry Compote	22 Beef and Vegetable Stew* Zucchini Brown Rice Applesauce Cup	23 Spinach & Mushroom Lasagna* (Vegetarian) Warm White Bean Ragu Steamed Zucchini Fresh Citrus Cuties+
24 Indian Vegetable Curry with tofu & chickpeas (Vegan) Brown Basmati Rice Garlicky Carrots* Fresh Citrus Cuties+	25 Lemongrass Chicken Squash Medley Stir Fry + Steamed White & Brown Rice Blend Papaya & Pineapple Cup +	26 Sweet & Spicy Citrus Tilapia Quinoa Garlicky Spinach* Steamed Broccoli+ Banana	27 <i>Soup = 12 oz</i> Chicken & Vegetable Tortilla Soup Tortilla Chips Low Sodium V-8 Juice+ Pineapple Fruit Cup+	28 Beef Brisket au jus Mashed Potatoes Southern Green Beans Whole Wheat Roll Warm Spiced Peaches+	29 Baked Chicken w/ Lemon Garlic Cream Sauce Brown Rice Malibu Blend Vegetables (broccoli carrots & cauliflower) +* Asian Pear	30 Vegetable Enchilada Casserole Zucchini, Corn & Peppers+ Warm Pineapple Chunks

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.

Iron-Rich Foods

Iron is an essential mineral that helps carry oxygen throughout your body and plays a key role in energy levels, immune function, and cognitive health. From plant-based to animal-based options, there are plenty of everyday foods that can help support your intake.

Iron-rich foods include: meat proteins, fortified cereals and breads, legumes, leafy greens, and whole grains.

Pro tip: Pair iron-rich foods with a source of vitamin C (like citrus or peppers) to help with iron- absorption.

Recommended Dietary Allowance

Women & Men Age 51+: 8mg/day

If taking iron supplements, it is best to take on an empty stomach, or 1-hour before a meal in combination with a Vitamin C-rich food or supplement for optimal absorption.

Note: Side effects include metallic taste, heartburn, nausea, constipation, diarrhea.



Pumpkin seeds



Chickpeas



Quinoa



Lentils



Red meat



Fortified cereal



Spinach



Tofu