


MEALS ON WHEELS

APRIL 2024 MENU

510-981-5250

MONDAY - FROZEN	TUESDAY - FROZEN	WEDNESDAY - CHD	THURSDAY – FRZ	FRIDAY - CHILLED	SATURDAY-FRZ	SUNDAY - FRZ
1 Herb Roasted Chicken with Gravy Mashed Potatoes Whole Wheat Roll & Butter Garlicky Green Beans Pineapple Fruit Cup+ Cookie	2 Chicken Bulgogi Carrots & Mung Bean Sprouts Stir Fry* Steamed White Rice Fresh Cutie Citrus+ <i>Higher Sodium Meal</i>	3 BBQ Chicken Thigh Baked Beans Seasoned Greens* Green Salad (Romaine)+ with Ranch Whole Wheat Roll Applesauce Cup+	4 Soup is a large 12 ounces Italian Wedding Meatball Soup (beef, x4) Whole Wheat Roll (Wed) Green Salad (Romaine)+ with Ranch Seasonal Fresh Fruit	5 Chicken Alfredo (breast) Whole Wheat Penne Pasta Garlicky Italian Blend Vegetables*+ Pineapple Coleslaw+* Warm Apple Crisp	6 Latin Roast Pork Yellow Rice (with Pork) Cuban-style Black Beans Pineapple Coleslaw+(Fri) Seasonal Fresh Fruit	7 Shepherd's Pie (vegetarian, no crust) soy crumble Bavarian Red Cabbage+* Whole Wheat Roll & Butter Warm Spiced Peaches+
8 Sweet Potato Peanut Stew+ over Quinoa (Vegan, with peanuts & chickpeas) Seasoned Greens* Warm Spiced Peaches <i>Contains Peanuts</i>	9 White Fish with Oyster Sauce Stir Fried Carrots and Cabbage+* Steamed Rice Fresh Citrus Cutie+ <i>Higher Sodium Meal</i>	10 Beef and Bean Chili Oyster Crackers x2 Seasoned Mixed Vegetables Caesar Salad (Romaine)+ Warm Apple Crisp (Vitamin C fortified)+	11 Soup is a large 12 ounces Fish Chowder Oyster Crackers Caesar Salad+ Low Sodium V-8 Juice+ Banana	12 Jambalaya+* (with brown rice) Collard Greens* Roasted Sweet Potatoes* Fresh Cutie Citrus+	13 BBQ Chicken Thigh Baked Beans Seasoned Greens* Corn Bread Applesauce Cup+	14 Three Sisters Stew (beans, corn, mushrooms, squash - vegetarian) + Cheesy Mashed Potatoes Whole Wheat Crackers Pear Ginger Crisp Fruited Yogurt
15 Homemade Baked Macaroni & Cheese (Vegetarian) Steamed Broccoli & Cauliflower+ Seasonal Fresh Fruit	16 Beef and Tomato Stir Fry Seasoned Carrots & Cabbage+* Vegetable Fried Rice Spiced Poached Pears <i>Higher Sodium Meal</i>	17 Meat Loaf (Turkey) w/ Gravy Whipped Sweet Potatoes* Steamed Broccoli+ Whole Wheat Bread & Butter Warm Peach/Berry Compote	18 Soup is a large 12 ounces Southwest Chicken Vegetable Soup Whole Wheat Bread & Butter Low Sodium V-8 Juice+ Seasonal Fresh Citrus+	19 Mexican Picadillo* (ground beef & potato stew) Cilantro Brown Rice Sautéed Summer Squash+* Cinnamon Applesauce cup	20 Beef and Bean Chili Whole Wheat Bread & Butter Seasoned Mixed Vegetables Warm Pear Crisp+	21 Chef's Choice (Vegetarian)-preferred With Fruit+ or Juice+
22 Spinach & Mushroom Lasagna* (Vegetarian) Zucchini Cinnamon Applesauce+ (vitamin C-fortified) Greek Yogurt	23 Teriyaki Chicken Vegetable Medley Stir Fry+ Steamed Brown Rice Fresh Seasonal Citrus+ <i>Higher Sodium Meal</i>	24 Beef and Vegetable Stew* Green Beans Whole Wheat Bread & Butter Warm Fruit Compote+ (oat topping)	25 Soup is a large 12 ounces Chicken-Lentil Curry Soup Low Sodium V-8 Juice+ Whole Wheat Bread & Butter Seasonal Fresh Fruit	26 Indian Butter Chicken (cubed breast) Brown Rice with Cumin Seeds Curry Roasted Cauliflower & Carrots+* Fruit Cup <i>Higher Sodium Meal</i>	27 Meat Loaf (Turkey) w/ Gravy Whipped Sweet Potatoes* Broccoli+ Whole Wheat Roll Warm Peach/Berry Compote	28 Homemade Baked Macaroni & Cheese (Vegetarian) Steamed Broccoli & Cauliflower+ Seasonal Fresh Fruit
29 Cheesy Brown Rice Casserole with Broccoli+ & Mushrooms Seasoned Peas & Carrots* Warm Fruit Compote	30 Chicken and Mushroom in Black Bean Sauce Sesame Green Beans & Carrots* Steamed White Rice Mandarin Oranges+ <i>Higher Sodium Meal</i>	<i>When heating the meal, heat until all food items are hot, bubbly and steamy. Directions are on meal.</i>	Menu is subject to change without notice. +denotes vitamin C-rich foods *denotes vitamin A-rich foods	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> .	1% Low fat milk is included with meals <i>Please note: Fresh fruit with edible peel should be washed before eating.</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.

Meals prepared by Nutrition Solutions, Inc. with Title III Older American Act Funds administered by Alameda Area Agency on Aging.

Spring into Healthier Habits



Smart shopping and Meal Planning

Spring is here! The start of a new season is the perfect time to add healthy habits into your routine that are good for you, and budget friendly. Shopping smarter and using what you have on hand can help you eat better while preventing food waste.

Below are some easy tips:

Shop your kitchen first: Use what you already have in your cupboard, refrigerator, or freezer. This will eliminate unnecessary trips to the store and help save money.

See what's on sale: Use paper ads when making a shopping list for your family/caregiver (Safeway \$5 Fridays) to see what's on sale at your local markets. Subscribing by email may give you access to digital coupons.

Use unit pricing: The unit price label (on the shelf tag) will show you the cost per ounce, pound, etc. This allows you to compare similar items with different packaging.

Stick to the list: Shopping with a list prevents you from purchasing items you do not need, while serving as a great reminder to not forget any important items!

Save on produce in season: Buying fruits and vegetables in season may save you some money and provide better tasting items.



Source: <https://www.fns.usda.gov/>

