

# MEALS ON WHEELS

# JANUARY 2023 MENU



#510-981-5250

MONDAY - FROZEN	TUESDAY - FROZEN	WEDNESDAY-CHILLED	THURSDAY - FROZEN	FRIDAY - CHILLED	SATURDAY-FRZ	SUNDAY - FRZ
<b>30</b> <b>Garlic-Rosemary Baked Chicken</b> Savory Stuffing Broccoli+ Apple Pie Applesauce	<b>31</b> <b>Sweet Potato Peanut Stew+ over Quinoa</b> (Vegan, with peanuts & chickpeas) Seasoned Greens* Warm Spiced Applesauce++ <b>Contains Peanuts</b>	<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>	<b>BMOW DELIVERS:</b> <b>Tuesday:</b> Monday & Tuesday <b>Wednesday:</b> Wednesday & Thursday <b>Friday:</b> Friday, Saturday, Sunday	<b>When heating the meal, heat until all food items are hot, bubbly and steamy. Directions are on meal.</b>  +denotes vitamin C-rich foods *denotes vitamin A-rich foods	<b>Menu is subject to change without notice. Please note:</b> Fresh fruit with edible peel should be washed before eating.	<b>1</b> <b>CHEF'S CHOICE MEAL</b> with Fruit/Cup & Milk
<b>2 MOW CLOSED-NEW YEARS</b> <b>Hearty Turkey Chili+</b> with Grated Cheddar Brown Rice Corn & Sweet Bell Peppers++ Fruit Cup	<b>3</b> <b>Homemade Baked Macaroni &amp; Cheese</b> (Vegetarian) Collard Greens* x2 Fresh Citrus+	<b>4</b> <b>Beef Mexican Picadillo</b> (ground beef & potato stew) Cilantro Rice Sautéed Summer Squash Carrot & Cabbage Slaw+* x2 Fruit Cup	<b>5</b> <b>Chicken-Lentil Curry Soup</b> Creamy Coleslaw+ Whole Grain Crackers Banana <i>Soup is large 12 ounce portion</i>	<b>6</b> <b>Fish with Curry Sauce++</b> Steamed Brown Rice (w/ fish) Ethiopian Cabbage, Potatoes & Carrots+* x2 portions (1 cup) Seasonal Fresh Fruit	<b>7</b> <b>Lentils Cacciatore+*</b> (Vegetarian) with Creamy Parmesan Polenta Warm Cinnamon Peaches	<b>8</b> <b>Jambalaya</b> (with rice & chicken) Collard Greens Spiced Pears
<b>9</b> <b>5-Spice Chicken Thigh</b> Green Onion Brown Rice Broccoli & Cauliflower+ Seasonal Fresh Fruit	<b>10 Shepherd's Pie</b> (Vegetarian, no crust) Bavarian Red Cabbage+ Whole Wheat Roll & Butter Spiced Peaches Greek Yogurt <b>Contains Soy (soy crumble)</b>	<b>11</b> <b>Hearty Turkey Stew+</b> over Barley Carrots & Peas* Coleslaw+ x2 Cherry-Blueberry Pie Crumble	<b>12</b> <b>Thai Fish Curry Soup++</b> Whole Wheat Bread/Butter Low Sodium V-8 Juice+* Banana <i>Soup is large 12 ounce portion</i>	<b>13</b> <b>Beef Cabbage Roll Casserole+</b> (With Brown Rice & Vegetable) Seasoned Carrots* Spiced Peaches	<b>14</b> <b>Homemade Baked Macaroni &amp; Cheese</b> (Vegetarian) Collard Greens x2 Fresh Citrus+	<b>15</b> <b>CHEF'S CHOICE MEAL</b> with Fruit/Cup & Milk
<b>16 MOW CLOSED-MLK, Jr.Day</b> <b>Chicken Chili Verde+</b> Steamed Brown Rice Zucchini-Corn-Tomato Medley Seasonal Fresh Fruit	<b>17</b> <b>Spinach &amp; Mushroom Lasagna*</b> (Vegetarian) Italian Green Beans Cinnamon Applesauce+ Fruited Yogurt	<b>18</b> <b>Soy Ginger Salmon</b> Green Onion Brown Rice Asian Blend Vegetables+* Fruit Cup	<b>19</b> <b>Italian Wedding Meatball Soup (beef)</b> Whole Grain Crackers x 2 Low Sodium V-8 Juice+* Banana <i>Soup is large 12 ounce portion</i>	<b>20</b> <b>Baked Lemon Caper Fish</b> Mac & Cheese Creamed Spinach* Cinnamon Applesauce+	<b>21</b> <b>Shepherd's Pie</b> (Vegetarian, no crust) Bavarian Red Cabbage+ WW Roll & Butter Spiced Peaches Greek Yogurt <b>Contains Soy (soy crumble)</b>	<b>22</b> <b>Hearty Turkey Chili +</b> with Grated Cheddar Brown Rice, Corn and Sweet Bell Peppers++ Fresh Fruit
<b>23</b> <b>Chicken Alfredo (breast)</b> Whole Wheat Penne Pasta Garlicy Italian Blend Vegetables*+ Warm Cinnamon Applesauce+	<b>24</b> <b>Vegetable Enchilada Casserole+</b> (Vegetarian) Pinto Beans Zucchini Sauté Seasonal Fresh Fruit Fruited Yogurt	<b>25</b> <b>Salisbury Steak</b> (beef) with Sweet Onion & Mushroom Gravy Mashed Potatoes++ Whole Wheat Bread/Butter x2 Seasoned Broccoli & Cauliflower Warm Fruit Compote+	<b>26</b> <b>Mediterranean Fish Soup+</b> Whole Grain Crackers x2 Coleslaw+ Banana <i>Soup is large 12 ounce portion</i>	<b>27</b> <b>Paprika Baked Chicken Thigh</b> Scalloped Potatoes Bavarian Red Cabbage+ Spiced Pears w/Oat Topping	<b>28</b> <b>Spinach &amp; Mushroom Lasagna</b> (Vegetarian) Italian Green Beans Cinnamon Applesauce+ Fruited Yogurt	<b>29</b> <b>CHEF'S CHOICE MEAL</b> with Fruit/Cup & Milk

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.