


MEALS ON WHEELS

OCTOBER 2022 MENU

#510-981-5250

MONDAY - CHILLED	TUESDAY - FROZEN	WEDNESDAY-CHILLED	THURSDAY - FROZEN	FRIDAY - CHILLED	SATURDAY-FRZ	SUNDAY - FRZ
OCTOBER 31 Happy Halloween!  Ghastly Ghoulish Vegetable & Ground Beef Stew over Barley Scream Beans (green beans) Boo-berry Pear Crumble	Menu is subject to change without notice. Please note: Fresh fruit with edible peel should be washed before eating. 1% Lowfat milk included	NEW DELIVERY SCHEDULE! Tuesday: Monday & Tuesday meals Wednesday: Wednesday & Thursday meals Friday: Friday, Saturday, Sunday meals	+denotes vitamin C-rich foods *denotes vitamin A-rich foods <i>All menus have no more than 800 milligrams of sodium. If a menu has more than 1,000 milligrams of sodium, it will be labeled a <u>Higher Sodium Meal</u>.</i>	When heating the meal, heat until all food items are hot, bubbly and steamy. Directions are on the meal.	1 Vegetable Enchilada Casserole+ (Vege.) Pinto Beans Spiced Peaches Fruited Yogurt	2 Chicken Chili Verde+ Steamed Brown Rice Zucchini-Corn-Tomato Medley Seasonal Fresh Fruit
3 Chicken Alfredo Whole Wheat Penne Pasta Garlicy Italian Blend Vegetables*+ Warm Cinnamon Applesauce	4 DELIVERY TODAY Vegetable Enchilada Casserole+ (Vegetarian) Pinto Beans Zucchini-Tomato-Corn Sauté Seasonal Fresh Fruit Fruited Yogurt	5 DELIVERY TODAY Salisbury Steak (beef) with Sweet Onion-Mushroom Gravy Mashed Potatoes+ Whole Wheat Bread/Butter x2 Seasoned Mixed Vegetables* Warm Fruit Compote	6 Thai Fish Curry Soup++ Whole Wheat Bread (Wed) Low Sodium V-8 Juice+* Banana <i>Soup is a large 12 ounces</i>	7 DELIVERY TODAY Paprika Baked Chicken Thigh Scalloped Potatoes Bavarian Red Cabbage+ Spiced Pears with Oat Topping	8 Homemade Baked Macaroni & Cheese (Vegetarian) Collard Greens x2 Fresh Citrus+	9 Chef's Choice with Fruit or Juice & Milk
10 Turkey Meatballs with Marinara over Penne Pasta Seasoned Italian Vegetables*+ Apple Blueberry Compote	11 DELIVERY TODAY South African Sweet Potato Peanut Stew+ (Vegan-peanuts & chickpeas) Quinoa Seasoned Greens* Cutie Citrus+ Contains Peanuts	12 DELIVERY TODAY Maple Mustard Chicken Sweet Potatoes* Spinach Whole Wheat Bread/Butter x2 Warm Applesauce+	13 Hearty Beef Minestrone Soup Whole Wheat Bread (Wed) Low Sodium V-8 Juice+* Banana <i>Soup is a large 12 ounces</i>	14 DELIVERY TODAY Ginger Lime Cod Coconut Brown Rice Garlic Broccoli+ Seasonal Fresh Fruit	15 Vegetable Enchilada Casserole+ (Vegetarian) Pinto Beans Spiced Peaches Fruited Yogurt	16 Chicken Adobo (thigh) White Rice Garlicy Carrots* Fresh Citrus+
17 Swedish Meatballs (beef) Egg Noodles Steamed Broccoli+ Seasonal Fresh Fruit	18 DELIVERY TODAY Vegetable Cheese Strata+ (Vegetarian, vegetables, egg & bread casserole) Seasoned Red Potatoes+ Fruit Compote Fruited Yogurt	19 DELIVERY TODAY Latin Roast Pork Cilantro Rice (with Pork) Cuban-style Black Beans Coleslaw+ x2 Warm Apple Crisp	20 Turkey Jook (Chinese rice porridge, a.k.a. Congee) Coleslaw+ (Wed) Whole Grain Crackers x2 Banana <i>Soup is a large 12 ounces</i>	21 DELIVERY TODAY Baked Lemon Caper Fish Mac & Cheese Normandy Blend Vegetables*+ Cinnamon Peaches	22 Sweet Potato Peanut Stew+ (Vegan) Quinoa Seasoned Greens* Cutie Citrus+ Contains Peanuts	23 Chef's Choice with Fruit or Juice & Milk
24 Jambalaya (with rice) Collard Greens* Garlicy Carrots* Fresh Cutie Citrus+	25 DELIVERY TODAY Three Sisters Stew+* (Vegetarian - beans, corn, mushrooms, squash) Cheesy Mashed Potatoes Fruited Yogurt Warm Apple Crisp	26 DELIVERY TODAY BBQ Chicken Thigh Baked Beans Seasoned Greens* Corn Bread x 2 Applesauce Cup+	27 Italian Wedding Meatball Soup (beef, x4) Low Sodium V-8 Corn Bread (Wed) Seasonal Fresh Citrus+ <i>Soup is a large 12 ounces</i>	28 DELIVERY TODAY Baked Tilapia with Herbed Tomato Sauce Spanish Brown Rice Steamed Cauliflower+ Seasonal Fresh Fruit	29 Vegetable Cheese Strata+ (Vegetarian-egg & bread casserole) Seasoned Red Potatoes++ Fruit Compote Fruited Yogurt	30 Beef Meatballs with Marinara over Penne Pasta Seasoned Italian Vegetables*+ Apple Blueberry Compote

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.

NEW MENU ITEMS THIS MONTH!

These returning meals have been favorites over the years, and we welcome fall with these delicious meals. Hope you enjoy them!



- **Chicken Alfredo**
- **Hearty Beef Minestrone Soup**
- **Paprika Baked Chicken with Scalloped Potatoes**
- **Latin Roast Pork**
- **Maple Mustard Chicken with Sweet Potatoes**
- **Beef Swedish Meatballs with Egg Noodles**
- **Turkey Jook (Chinese rice porridge, or Congee)**
- **Vegetarian Three Sisters Stew with Cheesy Mashed Potatoes**
- **Baked Tilapia with Herbed Tomato Sauce & Spanish Brown Rice**

Bay Area temperatures can often be warmer in the fall, so extra attention on hydration is important.

Tune in to signs of thirst, which can include:

- **Headaches**
- **Muscle cramps, spasms, or twitching**
- **Fatigue**
- **Dry Mouth**
- **Urine color: Pale yellow is ideal – anything darker can be a sign of dehydration.**

Stay hydrated