

# MEALS ON WHEELS

# AUGUST 2021 MENU

#510-981-5250

MONDAY - CHILLED	TUESDAY - FROZEN	WEDNESDAY-CHILLED	THURSDAY - FROZEN	FRIDAY - CHILLED	SATURDAY-FRZ	SUNDAY - FRZ
<p><b>2 NEW MENU!</b>  <b>Sticky Chicken</b>                      Green Onion Brown Rice                      Asian Broccoli+                      Pineapple Cup</p>	<p><b>3</b>  <b>Spinach &amp; Mushroom Lasagna*</b> (Vegetarian)                      Italian Green Beans                      Cinnamon Applesauce+                      Fruited Yogurt</p>	<p><b>4</b>  <b>Soy Ginger Salmon</b>                      Green Onion Brown Rice                      Asian Blend Vegetables+ *                      Coleslaw+ (x2)                      Fruit Cup</p>	<p><b>5 NEW SOUP!</b>  <b>Albondigas</b> (Mexican beef meatball soup)                      Whole Grain Crackers x 2                      Coleslaw+ (Wednesday)                      Banana  <i>Soup is large 12 ounce size</i></p>	<p><b>6</b>  <b>Meatloaf (Turkey) with Gravy</b>                      Fresh Whipped Yams*                      Steamed Broccoli+                      Whole Wheat Roll w/ Butter x2                      Seasonal Fresh Fruit</p>	<p><b>7 Ratatouille White Bean Stew+</b>                      (zucchini, red pepper, eggplant)                      Cheesy Mashed Potatoes++                      Spiced Peach Crisp                      Fruited Yogurt</p>	<p><b>8</b>  <b>Hearty Turkey Chili+</b>                      with Grated Cheddar                      Brown Rice                      Corn &amp; Sweet Bell Peppers++                      Fruit Cup</p>
<p><b>9 NEW MENU!</b>  <b>Chicken Adobo</b> (thigh)                      White Rice                      Garlicy Carrots*                      Asian Slaw+                      Seasonal Fresh Fruit</p>	<p><b>10</b>  <b>Vegetable Enchilada Casserole+</b> (Vegetarian)                      Pinto Beans                      Spiced Peaches                      Fruited Yogurt</p>	<p><b>11</b>  <b>Salisbury Steak</b> (beef) &amp; Sweet Onion Mushroom Gravy                      Mashed Potatoes                      Whole Wheat Bread/Butter x2                      Seasoned Mixed Vegetables</p>	<p><b>12</b>  <b>Thai Fish Curry Soup++ (add potatoes)</b>                      Whole Wheat Bread (Tues)                      V-8 Juice+ *                      Banana  <i>Soup is large 12 ounce size</i></p>	<p><b>13</b>  <b>Spaghetti with Meat Sauce (turkey) ++</b>                      Italian Blend Vegetables* +                      Pear-Blueberry Crumble (oat topping)</p>	<p><b>14</b>  <b>Spinach &amp; Mushroom Lasagna (Vegetarian)</b>                      Italian Green Beans                      Cinnamon                      Applesauce+                      Fruited Yogurt</p>	<p><b>15</b>  <b>Lemon Herb Baked Chicken</b>                      Savory Stuffing                      Broccoli+                      Apple Pie Applesauce</p>
<p><b>16 NEW MENU!</b>  <b>Irish Stew</b> (Beef)                      Colcannon (smashed potatoes &amp; cabbage)                      Whole Wheat Bread &amp; Butter                      Fresh Citrus+</p>	<p><b>17 NEW MENU!</b>  <b>Vegetable Fried Rice</b> (Vegetarian w/ brown rice, soy crumble, cabbage, carrots, peas, edamame, onions, egg)                      Garlicy Broccoli+ *                      Mandarin Cup+  <i>Contains Soy, Egg</i></p>	<p><b>18</b>  <b>Garlic-Rosemary Baked Chicken</b>                      Savory Stuffing                      Broccoli+                      Apple Pie Applesauce</p>	<p><b>19</b>  <b>Southwest Chicken Vegetable Soup</b>                      Whole Wheat Bread (packaged with whole wheat bun)                      V-8 Juice+ *                      Banana  <i>Soup is large 12 ounce size</i></p>	<p><b>20</b>  <b>Ginger Lime Cod</b>                      Coconut Brown Rice                      Garlic Green Beans (x2)                      Applesauce Cup+</p>	<p><b>21</b>  <b>Vegetable Enchilada Casserole+ (Vegetarian)</b>                      Pinto Beans                      Spiced Peaches                      Fruited Yogurt</p>	<p><b>22</b>  <b>Sticky Chicken</b>                      Green Onion Brown Rice                      Asian Broccoli+                      Pineapple Cup</p>
<p><b>23 NEW MENU!</b>  <b>Coconut Curry Chicken</b>                      Brown Rice with Cumin Seed                      Roasted Cauliflower+                      Seasonal Fresh Fruit</p>	<p><b>24</b>  <b>Vegetable Cheese Strata+</b> (Vegetarian, egg &amp; bread casserole)                      Seasoned Red Potatoes+                      Fruit Compote                      Fruited Yogurt  <i>Contains Egg</i></p>	<p><b>25</b>  <b>Pulled Pork Sandwich</b>                      With Whole Wheat Bun                      Southern Green Beans                      Pineapple Coleslaw+ (x2)                      Spiced Peaches</p>	<p><b>26</b>  <b>Mushroom Beef Barley Soup</b>                      Whole Grain Crackers x2                      Pineapple Slaw+ (Wednesday)                      Seasonal Fresh Fruit  <i>Soup is large 12 ounce size</i></p>	<p><b>27</b>  <b>Baked Lemon Caper Fish</b>                      Mac &amp; Cheese                      Creamed Spinach* +                      Cinnamon Applesauce+</p>	<p><b>28</b> <b>Vegetable Fried Rice</b> (Vegetarian w/ soy crumble, cabbage, carrots, edamame,egg)                      Garlicy Broccoli+ *                      Mandarin Cup+                      Garlicy Broccoli+ *                      Mandarin Cup+  <i>Contains Soy</i></p>	<p><b>29</b>  <b>Chicken Adobo</b> (thigh)                      White Rice                      Garlicy Carrots*                      Asian Slaw+                      Seasonal Fresh Fruit</p>
<p><b>30 NEW MENU!</b>  <b>Receive 7/6 Labor Day Meal</b>  <b>Jambalaya</b> (chicken, turkey sausage, brown rice)                      Collard Greens                      Spiced Peaches                      Corn Bread</p>	<p><b>31</b> <b>Three-Bean Chili+ with Grated Cheddar</b> (Vegetarian, soy crumble)                      Corn Bread                      Corn &amp; Red Peppers++                      Warm Fruit Compote  <i>Contains Soy</i></p>	<p><i>When heating the meal, heat until all food items are hot, bubbly and steamy. Directions are on the meal.</i></p>	<p><b>Menu is subject to change without notice.</b>                       1% Lowfat milk included                      +denotes vitamin C-rich foods                      *denotes vitamin A-rich foods</p>	<p><i>All menus have no more than 800 milligrams of sodium. In the rare instance a menu has more than 1,000 milligrams of sodium, it will be labeled a <u>Higher Sodium Meal</u>.</i></p>	<p><b>Please note:</b> Fresh fruit with edible peel should be washed before eating.</p>	<p><b>August 1</b>  <b>Teriyaki Chicken</b>                      Green Onion Rice                      Garlic Asian Vegetables+ *                      Seasonal Fresh Fruit</p>

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

## 10 Smart Tips to Keep Your Restaurant Leftovers Safe

More people are eating out at restaurants - either inside, outside, or take-out. Saving some of your meal as leftovers is a great way to be mindful of calories and also stretch the value. But you don't want to invite bacteria to your next meal! Here are some food safety tips so you can enjoy your restaurant leftovers without getting foodborne illness.



1. If you plan to go to a movie or be out and about after eating at a restaurant, then you should skip taking the leftovers.
2. Perishable foods should be brought directly home because the faster food gets into the refrigerator, the lower likelihood of bacterial growth.
3. Meat and poultry leftovers that are handled properly may be safely refrigerated at 40° F up to 4 days. Eggs and lunch meats that are handled properly may be safely stored at 40° F up to 5 days.
4. For best quality, cooked meat and poultry leftovers in sealed containers may be stored in the freezer at 0° F or below for 2 to 6 months.
5. If you reheat all of your leftovers but don't finish the entire portion, refrigerate what's left immediately so it can be safely reheated again.
6. When reheating in the microwave, place foods on a microwave safe plate. Food items should be spread evenly and stirred halfway through heating to avoid cold spots.
7. Warning - reheating in slow cookers isn't recommended because foods may be sitting too long in the "Danger Zone" (40° F to 135° F).
8. When reheating meat and poultry in the oven, the temperature should be no lower than 325° F.
9. When reheating leftovers, use a food thermometer to check the food's internal temperature. The food is safe to eat once it reaches 165° F and is steamy and bubbly.
10. Soups, sauces, gravies, etc., should be reheated to a boil.

And a word of caution—never taste food to determine its safety. You can't see or taste harmful bacteria. **When in doubt, throw it out!**

For more information about [food safety](#), call the USDA's Meat and Poultry Hotline at 1-888-674-6854 to talk to a food safety expert or chat live at [ask.usda.gov](https://ask.usda.gov) from 7 a.m. to 3 p.m. Monday through Friday.

Resource: <https://www.fsis.usda.gov/news-events/news-press-releases/10-smart-tips-keep-your-restaurant-leftovers-safe> Last Updated: Jun 21, 2021