

Berkeley MEALS ON WHEELS Menu

MAY 2017

(510) 981-5250

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1 Jerk Chicken With Mango Salsa+ Coconut Rice Seasoned Greens* Soup du Jour Seasonal Fresh Fruit	2 Savory Shepherd's Pie (vegetarian, no crust) Bavarian Red Cabbage+ Soup du Jour Whole Wheat Bread & Butter Chilled Fruit Juice+ Greek Yogurt	3 Fish Chowder Chopped Romaine & Vegetable Salad Whole Grain Crackers Seasonal Fresh Citrus+ DELIVERED FROZEN TUESDAY	4 Chicken Alfredo (breast) w/ Whole Wheat Penne Pasta Garlicky Italian Blend Vegetables*+ Garden Salad w/ Vinaigrette (x2 MOW) Seasonal Fresh Fruit	5 Baked Cajun Fish New Orleans Rice Steamed Cauliflower+ (with breadcrumbs?) Winter Squash Soup* (C-1 only; <u>not MOW</u>) Seasonal Fresh Fruit	6 Indian Vegetable Curry (vegetarian—mild) Brown Basmati Rice Garlicky Spinach* Soup du Jour Chilled Fruit Juice+ Fruited Greek Yogurt	7 Chicken & Sausage (no pork) Gumbo - w/ okra Steamed Brown Rice Collard Greens* Orange+
8 Beef Burgundy Smashed Red Potatoes+ Manhattan Blend Vegetables* WW Bread Seasonal Fresh Fruit	9 Cheesy Vegetable Moussaka (vegetarian) Marinated (Moroccan) Carrot Salad Whole Wheat Roll w/ Butter Ambrosia (w/ mandarins)+	10 Ham, Barley & Vegetable Soup Garden Salad+* with Carrots and Italian Dressing Whole Grain Crackers x 2 Seasonal Fresh Fruit+ DELIVERED FROZEN TUESDAY	11 Maple Mustard Chicken Roasted Sweet Potato* WW Couscous with Cranberries Green Salad with Honey Dijon Dressing (C-1 only) Applesauce/ Cup+	12 Baked Greek Fish (tomatoes, onions, herbs) Green Onion Brown Rice Carrots* Greek White Bean Soup Gingered Pears/ Warm Ginger Pear	13 Savory Shepherd's Pie Bavarian Red Cabbage+ Soup du Jour Whole Wheat Bread & Butter Chilled Fruit Juice+ Greek Yogurt	14 BBQ Chicken Thigh Seasoned Greens* Cornbread Seasonal Fresh Fruit
15 Chicken Cacciatore Stew+ Whole Wheat Penne Pasta Garlic Green Beans Soup Du Jour Fresh Orange+	16 Cheesy Brown Rice Casserole with Mushrooms & Broccoli+ (Vegetarian) Garden Salad with Dressing (x2) Whole Wheat Bread & Butter Pineapple Chunks/ Cup	17 Mediterranean Fish Soup Garden Salad with Carrots* and Vinaigrette Whole Grain Crackers x 2 Seasonal Fresh Citrus+ DELIVERED FROZEN TUESDAY	18 Chicken Adobo White Rice Fresh Steamed Carrots* Asian Slaw+ (x 2 MOW) Seasonal Fresh Fruit	19 MOW CLOSED Malcolm X Birthday Observed Chicken & Sausage Gumbo (no pork) Steamed Brown Rice Collard Greens* Mixed Green Salad with Creamy Italian Dressing Orange+ Delivered on 5/15	20 Cheesy Vegetable Moussaka (vegetarian) Marinated Carrot Salad WW Roll w/ Butter Ambrosia w/ mandarins	21 Jerk Chicken With Mango Salsa+ Coconut Rice Seasoned Greens* SDJ Seasonal Fresh Fruit
22 5-Spice Chicken Thigh Green Onion Rice Broccoli & Cauliflower+ Soup du Jour Seasonal Fresh Fruit	23 Spinach & Mushroom Lasagna (vegetarian) Italian Green Beans Green Salad with Carrots & Dressing (x2) Warm Cinnamon Applesauce+ (vitamin C-fortified)	24 Hearty Turkey Chili with Grated Cheddar Green Salad with Carrots & Dressing (delivered Tuesday) Whole Wheat Bread Mandarin Oranges+ DELIVERED FROZEN TUESDAY	25 Baked Fish w/Dill Sauce Whole Wheat Couscous Pilaf (fish/couscous together) Steamed Carrots w/ Garlic* Chilled Juice Cup+ Warm Spiced Pears	26 Meatloaf (Beef) with Gravy Fresh Whipped Yams* Steamed Broccoli+ Whole Wheat Bread Seasonal Fresh Fruit+	27 Cheesy Brown Rice Casserole with Mushrooms & Broccoli+ (vegetarian) Soup du Jour Pineapple Cup	28 Chicken Cacciatore Stew+ Whole Wheat Penne Pasta Garlic Green Beans Soup du Jour Fresh Orange+
29 MOW CLOSED Memorial Day Maple Mustard Chicken Roasted Sweet Potato* Couscous with Cranberries Soup du Jour Applesauce Cup+ Delivered on 5/25	30 Vegetable Enchilada Casserole (vegetarian) Mexican Rice Garden Salad with Kidney Beans, Carrots* & Dressing (x2) Chilled Fruit Juice+ Fruited Yogurt (4 oz.)	31 Southwest Chicken Vegetable Soup Green Salad w/ Kidney Beans & Dressing (delivered Tuesday) Whole Grain Crackers x 2 Seasonal Fresh Fruit+ DELIVERED FROZEN TUESDAY	Menu is subject to change without notice. Fish listed is a type of white fish. <u>NO CATFISH.</u>	1% Low fat milk included + = vitamin C-rich foods * = vitamin A-rich <u>Soup, chili, salad = 12 oz. serving</u>	If heating or re-heating meal, heat until all food items are hot, bubbly and steamy. Directions are on the meal.	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 Higher Sodium Meal.