



May 2024

VEGETARIAN



2235 Polvorosa Ave. Suite 280
 San Leandro, CA 94577
 (510)582-1263

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
+ = High Vit C * = High Vit A <> = High Sodium (>1000) WW=Whole Wheat	*Cold meals: store in a fridge for up to 1-2 days *Frozen meals: store in freezer for up to 2 wks *Microwave: Frozen meals on high for 4- 5 mins or cold meals for 2-3 mins. *Oven: Pre-heat to 350. Remove plastic film. Place on pan for 20-25 mins.		1 Plant-Based Chicken and Corn Chowder, Whole Wheat Roll, Fruit Cup+	2 Veggie Bratwurst on a Whole Wheat Bun, Roasted Potatoes, Caribbean Blend Vegetables*, Mandarinins+	3 Spaghetti with Veggie Meatballs Italian Blend Vegetables+, Brussels Sprouts+ Banana	4 Veggie Nuggets, Rice Pilaf, Peas and Carrots*, Green Beans, Orange+
5 Soy Crumble Tacos Whole Wheat Tortilla, Pinto Beans, Fiesta Corn Tangerine+ 	6 Cheese Omelet with Veggie Sausage, CA Blend Veggies, Roasted Potatoes, Tangerine+ English Muffin	7 Plant-Based Pepper Steak+ Black Eyed Peas Capri Vegetables* Whole Wheat Bread, Peach Cup+	8 Lemony White Bean Soup with Soy Crumble and Greens+* Whole Wheat Crackers, Kiwi+	9 Plant-Based Chicken Pasta Salad w/Veggies, Marinated Tomatoes+ Mandarinins+ WW Crackers	10 Breaded Plant-Based Chicken Sandwich on WW Bun, Corn with Red Peppers, Malibu Blend Vegetables, Pears	11 Veggie Loaf w/ Gravy Mashed Potatoes Broccoli+ Whole Wheat Roll Kiwi+
12 Plant-Based Chicken Dijon over WW Pasta Brussels Sprouts+ Stewed Tomatoes+ Peach Cup+ 	13 Cheese & Bean Burrito, Hash Browns, CA Vegetable Blend+* Fruit Cup+	14 Tofu Tetrizzini<> Green Beans Mixed Vegetables+* Applesauce	15 Bean, Vegetable, and Barley Soup, Whole Wheat Crackers, Orange+	16 Black Bean Cake with Guacamole Rice Pilaf, Carrot Coins*, Broccoli+, Applesauce	17 Veggie Sloppy Joes on a Whole Wheat Bun, Roasted Potatoes, Mixed Veggies*+, Banana	18 Pancakes with Veggie Sausage Hashbrowns, CA Blend Vegetables+* Fruit Cup+
19 Plant-Based Chicken Chow Mein with Vegetables*+, Sesame Green Beans, Warm Apricots	20 Brazilian Black Bean Stew with Brown Rice, Capri Vegetables* Pineapple Cup+	21 Plant-Based Chicken w/ Whole Grain Mustard Thyme Sauce, Italian Blend Vegetables*+, Mashed Potatoes, Apple, WW Roll	22 Vegetarian Taco Soup with Beans and Vegetables, Corn Chips, Mandarin Oranges+	23 Tofu and Lentil Curry, Tri-Colored Carrots* Brown Rice Applesauce+	24 Plant-Based Broccoli Beef+ over Chow Mein Noodles, Eastern Vegetable Blend, Warm Apricots	25 Plant-Based Chicken Fajitas with Peppers and Onions+ Over Brown Rice Fiesta Corn Warm Pears
26 French Toast with Veggie Sausage Mixed Veggies+* Breakfast Potatoes Tropical Fruit Cup+	27 CLOSED Cheese Ravioli with Savory Pumpkin Sauce, Italian Blend Vegetables+ Greens*, Orange+ Meal Delivered 5/20	28 Creole Baked Tofu over Rice Pilaf Brussels Sprouts+ Tricolored Carrots*, Banana	29 Pasta and Cannellini Bean Minestrone Whole Wheat Roll with Butter, Fruit Cup+	30 Plant-Based Chicken Caesar w/ Croutons & Parmesan, Marinated Tomatoes Macaroni Salad Tangerine+	31 Veggie Swedish Meatballs over Egg Noodles, Capri Vegetables*, Zucchini Orange+	

SOS Meals on Wheels thanks for their support: Alameda County Area Agency on Aging, MOWAC, the Cities of Oakland, San Leandro, and Hayward, Foundation Partners, and our community!

NUTRITION AND DIABETES

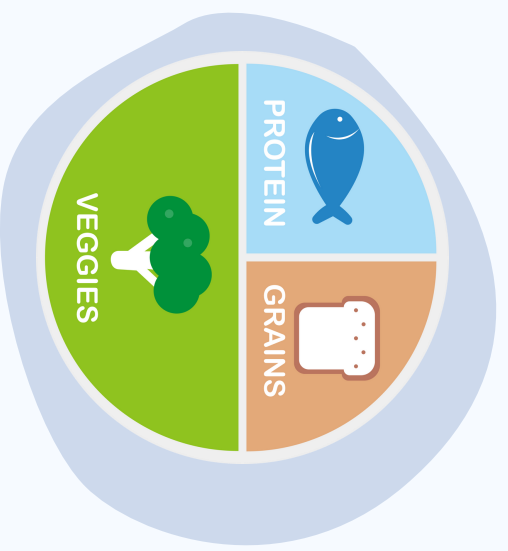
ESSENTIAL TIPS FOR MANAGING DIABETES WITH DIET

THE PLATE METHOD

- FILL HALF THE PLATE WITH NON-STARCHY VEGETABLES SUCH AS BROCCOLI, SALAD, GREEN BEANS.
- FILL ONE-QUARTER WITH LEAN PROTEIN SUCH AS FISH, CHICKEN BREAST
- FILL ONE-QUARTER WITH WHOLE GRAIN CARBOHYDRATES LIKE BROWN RICE OR WHOLE WHEAT PASTA.

CARBOHYDRATE COUNTING

- CARBOHYDRATES RAISE BLOOD SUGAR LEVELS SO IT'S IMPORTANT TO COUNT THE GRAMS OF CARBOHYDRATES YOU HAVE WITH EACH MEAL AND SNACK.
- TALK WITH YOUR DOCTOR OR DIETITIAN TO DETERMINE THE APPROPRIATE AMOUNT OF CARBOHYDRATES YOU SHOULD BE EATING EACH DAY. IT WILL VARY BASED ON YOUR MEDICATIONS AND INSULIN RESPONSE.



HYDRATION

- STAYING WELL-HYDRATED IS AN EFFECTIVE TOOL TO COMBAT FLUCTUATING BLOOD SUGARS AND AVOID DAMAGE TO THE KIDNEYS, NERVES AND CARDIOVASCULAR SYSTEM.
- WARMER SUMMER MONTHS MEAN IT'S EXTRA IMPORTANT TO HYDRATE.
 - DRINK WATER FIRST THING IN THE MORNING.
 - KEEP WATER NEAR YOU ALL THE TIME.
 - CHECK YOUR URINE COLOR. IT SHOULD BE LIGHT-COLORED YELLOW.

