



March 2021



2235 POLVOROSA AVENUE, SAN LEANDRO, CA
(510)582-1263

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
+ = High Vit C * = High Vit A <> = High Sodium (>1000) LS = Low Sodium TRIO-not SOS Prepared	1 Veggie Burger on a Whole Wheat Bun Fiesta Corn Roasted Potatoes Fresh Fruit+	2 Pasta, Beef, and Tomato Casserole Cauliflower+ Carrot Coins* Seasonal Fresh Fruit	3 Seafood Salad on Romaine+ Pineapple Coleslaw Fruit Cocktail Wheat Crackers LS V8+	4 Turkey Tetrazzini Green Beans Mixed Vegetables+* Fresh Fruit	5 Chicken Parmesan Over WW Penne Pasta Cauliflower+ Broccoli+ Fresh Fruit	6 Beef Meatballs with Pizzaiola Egg Noodles Carrots* Green Beans Fruit Cup+
7 Grilled Chicken with Teriyaki Rice Sweet Potatoes Brussels Sprouts Fruit TRIO	8 Cheesy Pasta Bake Lima Beans Cauliflower w/ Red Peppers+ Fresh Fruit National Women's Day 	9 Meat Loaf with Gravy Mashed Potatoes Broccoli+ Whole Wheat Roll Fresh Fruit	10 Southwest Chicken Salad on Romaine+ Pasta and Vegetable Salad, LS V8+ Pineapple Tidbits 	11 Creole Baked Fish over Rice Pilaf California Vegetable Blend+* Peas and Onions Banana	12 Salisbury Steak Mashed Potatoes Brussels Sprouts+ Wheat Bread Fresh Fruit	13 Macaroni and Cheese Bean Blend Stewed Tomatoes Fresh Fruit+ TRIO
14 Chicken Strips with Zesty Orange Rice Bean Blend 3-Season Vegetables Fruit Cup+ TRIO	15 Vegetarian Chili Mixed Vegetables* Green Beans Corn Muffin Fresh Fruit	16 Breaded Cod Sandwich with Tartar Sauce Mixed Vegetables+ Roasted Potatoes Fresh Fruit	17 St. Patrick's Day Chicken Ranch Salad on Romaine+ 3-Bean Salad Marinated Tomatoes+ Wheat Crackers and LS V8+	18 Chicken Pot Pie With Biscuit Topping Herbed Cauliflower+ Spiced Peaches	19 Ham w/ Raisin Sauce<> Roasted Potatoes Peas and Carrots* Wheat Bread Seasonal Fresh Fruit+	20 Honey Mustard Chicken Sweet Potatoes Brussels Sprouts+ Whole Wheat Roll Fruit TRIO
21 Chimichurri Chicken Stewed Tomatoes Black Beans and Corn Whole Wheat Bread Fruit TRIO	22 Vegetarian Quiche Cauliflower Broccoli+ Wheat Roll Seasonal Fresh Fruit	23 Swedish Meatballs Over WW Noodles Peas Broccoli+ Fresh Fruit	24 Egg Salad on Romaine+ Pineapple Coleslaw+ Fruit Cocktail Wheat Crackers LS V8+	25 Chicken Cordon Bleu Over Rice Pilaf Spinach* Peas and Onions Fresh Fruit+	26 Beef Tacos with WW Flour Tortilla Pinto Beans Vegetable Blend* Fruit Cup+	27 Three Layer Spinach and Beef Lasagna Corn with Peppers Fresh Fruit TRIO
28 Honey Lemon Grilled Chicken with Brown Rice, Black Beans and Corn Brussels Sprouts Fruit TRIO	29 Spaghetti with Mushroom Balls Brussels Sprouts+ Cinnamon Apples	30 Pulled Pork Steamed Cabbage+ Capri Vegetables+ Whole Wheat Bun Fresh Fruit	31 Orange, Brown Rice, and Chicken Salad Marinated Tomatoes+ Peaches, Wheat Crackers, LS V8+			

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.