

April 2011
Peninsula Volunteers
ON WHEELS
MEALS

ALL MENUS ARE SUBJECT TO CHANGE
Sodium

Sodium is essential for health and is needed for several body functions.

Such as:

- ▲ maintaining hydration
- ▲ transmitting nerve impulses
- ▲ regulating blood pressure
- ▲ maintaining muscle activity

Too much sodium may contribute to high blood pressure. Sodium or salt sensitive people, may see an increase in their blood pressure and/or retain fluid when they eat too much salt.

The Dietary Guidelines for Americans 2010 recommends a sodium intake of 1530 mg or less per day.





No Salt



Low Salt

ALL MEALS ARE SERVED WITH 1% MILK

Partial funding is made available by Aging & Adult Services of San Mateo County and Sequoia Healthcare District

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Happy Birthday to all of you celebrating a birthday this month</p>  		 		<p>1</p> <p>Vegetable Lasagna Zucchini w/ red peppers Succotash Sliced Pears</p>
<p>4</p> <p>Jambalaya (Brown Rice) w/ Turkey Sausage & Vegetable Steamed Broccoli Steamed Carrots Pineapple chunks</p>	<p>5</p> <p>Green Salad (1C) w/ kidney beans Salisbury steak w/brown gravy Mashed Potatoes Mixed Vegetables Wheat Bread</p>	<p>6</p> <p>Turkey Shepherd's Pie Brussels Sprouts Carrots Banana Whole Wheat Roll (1)</p>	<p>Spinach salad (1C) w/ ceci beans Spaghetti w/meatballs Garlic bread Zucchini Orange</p>	<p>8</p> <p>Lettuce & Tomato Fish (Krabby) Patties on Bun w/ tartar sauce Sweet Potatoes Green Peas & Pearl Onions Orange Juice</p>
<p>11</p> <p>Teriyaki meatballs over Sesame Noodles Braised red cabbage Broccoli, corn, carrot, mushroom Pineapple chunks</p>	<p>12</p> <p>Beet Salad Herb Roasted Chicken Red Potatoes Succotash Orange Juice Whole Wheat Roll</p>	<p>13</p> <p>Chicken Enchilada Casserole Black Beans w/ red pepper Broccoli & Cauliflower Apple</p>	<p>14</p> <p>Beef & Broccoli Stir Fry over Steamed Brown Rice Glazed Carrots w/ginger Peas Mandarin oranges</p>	<p>15</p> <p>Broccoli Frittata O'Brien Potatoes Steamed Carrots Orange Wheat Bread (1)</p>
<p>18</p> <p>Herb Crusted Pork w/ apple sauce Baked Sweet Potatoes Braised Cabbage Apple Wheat Bread (1)</p>	<p>19</p> <p>Green Salad (1C) w/ black beans Ground Turkey Tamale Pie Steamed Spinach Stewed Tomatoes</p>	<p>20</p> <p>Pot Roast w/Gravy Red Potatoes Broccoli & Cauliflower Pears Whole Wheat Roll (1)</p>	<p>21</p> <p>Baked Rigatoni Green Beans Steamed Carrots Mandarin oranges</p>	<p>22</p> <p>3-Bean Salad Crunchy Baked Fish Steamed Spinach Brown Rice Orange Juice</p>
<p>25</p> <p>Beet Salad Sweet & Sour Chicken Brown Rice Broccoli Banana</p>	<p>26</p> <p>Honey Mustard Chicken Brussels sprouts Red Potatoes Apple Wheat Bread</p>	<p>27</p> <p>Lettuce, tomato, onion Turkey Burger on bun Lentils Zucchini w/ red pepper Mixed Fruit</p>	<p>28</p> <p>Chicken Pot Pie Broccoli Steamed Carrots Pears Wheat Bread</p>	<p>29</p> <p>Mixed Greed Salad (1C) w/ ceci beans Beef Stuffed Cabbage Roll w/ tomato sauce Brown Rice Green Peas & Pearl Onions Orange Juice</p>

Please give us 24 hours notice to cancel or call us with any questions at: (650) 323-2022