SPECTRUM
COMMUNITY SERVICES, INC.

August 2026

This program is partially funded by Alameda County Agency on Aging.
60+ suggested voluntary contribution: $5/meal.
Clients under 60: $18 flat fee/meal. Any contribution is appreciated.

MON	TUE	WED	THU	FRI	SAT	SUN
31 Cheese and Vegetable Lasagna+* Roasted Brussel Sprouts+ White Bean Soup Seasonal Fruit	*Meals include ½ pint 1% low-fat milk daily.* *Therapeutic diets may be modified.* *Please inform Meals on Wheels staff; nutrition content may vary.* *Menus subject to change without notice.* *Meals prepared by:* OPEN heart KITCHEN			**KEY** + Vitamin C Source * Vitamin A Source WW = Whole Wheat Blue = Closed; Frozen Meal Monday is Vegetarian Day	1 Green Pepper Beef+ Garlic Broccoli+* Brown Rice Seasonal Fruit+	2 3 Bean Turkey Chili Parslied Carrots* Seasonal Fruit WW Crackers
3 Egg Salad+* w/ lettuce & tomatoes WW bread Coleslaw White Bean Soup Seasonal Fruit	4 Oven Fried Chicken Sweet Potato Fries* Pasta Bean Soup Seasonal Fruit+ WW roll	5 Mediterranean Pork Seasoned Fresh Veg+* Cheesy Tortilla Soup Seasonal Fruit Herb Brown Rice	6 Beef Goulash Fresh Carrots* Lentil Soup* WW Egg Noodles Seasonal Fruit+	7 Polynesian Meat Loaf (Turkey) Roasted Red Potaoes Vegetable Rice Soup* Seasonal Fruit+ WW Roll	8 Chicken White Chili Mexican Corn (elote) Seasonal Fruit WW Crackers	9 Mama's Italian Meatballs Garlic Spinach* Seasonal Fruit+ Seasoned WW Pasta
10 Chile Rellano Casserole* White Bean Soup Seasonal Fruit+ Spanish Rice	11 French Dip Sandwich (Beef) on a WW Hoagie Green Beans w/ Garlic Pasta Bean Soup Seasonal Fruit+	12 Chicken & Zucchini Alfredo Seasoned Broccoli+* Cheesy Tortilla Soup Seasonal Fruit	13 Roast Turkey w/ Tarragon & Mushroom Polenta Fresh Zucchini Lentil Soup* Seasonal Fruit+	14 Pork Carnitas Herbed Corn w/ tomatoes Vegetable Rice Soup* Seasonal Fruit+ Brown Rice)	15 Tarragon Chicken+ Zesty Spinach* Seasonal Fruit WW Roll	16 Sweet Stuffed Bell Peppers + (Turkey) Peas (seasoned) Seasonal Fruit WW Roll
17 Rosemary White Bean Soup Asparagus w/ Aioli Seasonal Fruit+ Pasta w/ spinach & cottage cheese* Brownie	18 Zesty Turkey Taco Casserole Mexican Corn(elote) Pasta Bean Soup Seasonal Fruit+	19 Beef Teriyaki Ginger Seasoned Carrots* Cheesy Tortilla Soup Seasonal Fruit Brown Rice	20 French Quiche (Ham) Seasoned Fresh Veg+* Lentil Soup* Seasonal Fruit WW Roll	21 Chicken Parm Lemon Basil Green Beans Veg Rice Soup* Seasonal Fruit+ Rice Pilaf	22 Cheese Quesadilla Black Beans Seasoned Corn Seasonal Fruit+	23 Chicken Cordon Bleu Red Potatoes+ Seasonal Fruit WW Roll
24 Dhal (savory lentils) Rosemary White Bean Soup Mushroom Brown Rice Seasonal Fruit+	25 Grilled Chicken Cauliflower & Peas Pasta Bean Soup Seasonal Fruit+ WW Bun	26 Roast Turkey w/ Bernaisse Capri Blend Veg* Cheesy Tortilla Soup Seasonal Fruit+ WW Roll	27 Tahitian Chicken+ Herb Mashed Potatoes+ Lentil Soup* Seasonal Fruit WW Roll	28 Roast beef w/Cheese on a WW hoagie roll Fresh Zucchini Vegetable Rice Soup* Seasonal Fruit+	29 Spaghetti w/ Zesty Turkey Sauce Garlic Parmesan Spinach* Seasonal Fruit+	30 Hoisin Chicken Veg Stir Fry+* Seasonal Fruit Brown Rice

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MEALS ON WHEELS AMERICA 2026 Member

Nutrition Education

Ways to eat whole grains daily:

- Start your day with whole grain oatmeal, whole wheat cereal, or whole grain toast.
- Swap white rice for brown rice or whole grain wild rice.
- Choose whole wheat bread for toast or sandwiches.
- Add barley or quinoa to soups or stews.
- Make tacos or wraps with whole wheat tortillas.

Sources: The Academy of Nutrition and Dietetics & Myplate.gov

Provided by Heather Cuellar, RD
Presented by Becky Bruno, Spectrum Project Coordinator

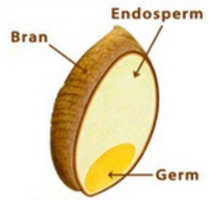
August 2026

Choose Whole Grains More Often

Whole grains are packed with a variety of vitamins, minerals, and fiber. Many important nutrients are missing when grains are not whole. Having a diet rich in whole grains can help support heart health, healthy digestion, and steady energy.

What is a whole grain?

A whole grain contains the whole kernel of the grain which includes 3 parts: the bran, the germ and the endosperm. This means they keep more of their natural nutrients and fiber. Refined grains only contain the endosperm.



What foods are whole grains?

Oats, barley, brown rice, quinoa, buckwheat, corn, whole wheat bread, whole wheat pasta, and bulgar are examples of whole grains.

When shopping for whole grains:

Be sure to read the nutrition facts labels. In the ingredient list look for the word "whole" before the grain name in the ingredient list, such as "whole wheat" or "whole oats." If all the grain ingredients are whole grains, the product is 100% whole grain.

How much whole grains should one eat?

Aim to try and **make at least of the half of the grains you eat whole grains every day.**

Meals on Wheels Staff:

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SpectrumCS.org

MONTHLY MENU INSIDE. PLEASE KEEP

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Monthly Menu & Updates

This month marks a happy milestone: our first full month partnering with Open Heart Kitchen to prepare your meals. Transitions like this can come with a few small bumps along the way, and we're grateful for your patience as we've worked through them. The overall feedback has been overwhelmingly positive.

Speaking of what's new — have you noticed the daily soup, Monday through Friday? It's already a favorite! We've also added a piece of fresh whole fruit to every delivery, one more way to bring you variety and nourishment each day.
We're also excited to share some team news. Please join us in welcoming Tania Wilson Moran as our new Meals on Wheels Program Manager. Congratulations to Krista as well, who has been promoted to Coordinator & Operations Specialist! And thank you to Jennifer, who continues her wonderful work in her Coordinator role.

Our whole team is here for one reason: Meals on Wheels is about more than a meal — it's about helping enhance your quality of life, every day.

One more note: with the recent grass fires across the Tri-Valley area, now is a great time to make sure you have a safety plan in place, and that you've shared it with the people you count on for help. If you'd like resources or support putting a plan together, please reach out to us.

With gratitude and warm wishes for a wonderful August.