County of Santa Clara / Everytable Home Delivered Meals Program

Menu Flyer for November/ December 2023

Monday Nov 27

Creamy Broccoli Mac and Cheese

Side of Quinoa with Veggies Orange

Tuesday Nov 28

Korean Chicken Bowl Apple

Wednesday Nov 29

Rainbow Crunch Salad Side of Edamame Apple

Thursday Nov 30

Salmon Superfood Salad Orange



Friday Dec 1

Penne in Mushroom Sauce with Chicken

Side of Quinoa with Veggies

Orange

Monday Dec 4

Pesto Chicken Pasta Orange

Tuesday Dec 5

Lemon Maple Salmon Bowl Orange

Wednesday Dec 6

Pumpkin Pasta Alfredo Side of Edamame Orange



Thursday Dec 7

Roasted Turkey Cranberry Ciabatta

Sweet Potato Mash, Roasted Brussel Sprouts, and Gravy

Orange



Rotini w/ Savory Mushroom Sauce Side of Quinoa with Veggies Apple

Monday Dec 11

Ginger Orange Tofu Buddha Bowl

Orange

Tuesday Dec 12

Rigatoni with Creamy Red Pepper Sauce and Sausage Side of Quinoa with Veggies Apple

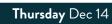


Wednesday Dec 13

Roasted Turkey Cranberry Ciabatta

Sweet Potato Mash, Roasted Brussel Sprouts, and Gravy

Orange



Penne in Mushroom Sauce with Chicken

Side of Quinoa with Veggies Apple

Friday Dec 15

Homegirl Salmon Adobo Orange

Monday Dec 18

Pumpkin Pasta Alfredo Side of Edamame Orange



Tuesday Dec 19

Lemon Maple Salmon Bowl Apple

Wednesday Dec 20

Ginger Orange Tofu Buddha Bowl

Orange

Thursday Dec 21

Creamy Broccoli Mac and Cheese

Side of Quinoa with Veggies

Apple

Friday Dec 22

Homegirl Salmon Adobo Orange



Pesto Chicken Pasta Orange

Monday Dec 25

Tuesday Dec 26

Mediterranean Salmon Salad Side of Quinoa Orange

Wednesday Dec 27

Korean Chicken Bowl Apple

Thursday Dec 28

Ginger Orange Tofu Buddha Bowl

Orange



Rainbow Crunch Salad Side of Edamame Apple



Meal contains more than 1000 mg sodium



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The purpose of this handout is to assist you with meal planning. However, you can choose to eat your food in any order you like.

The weekly 5 meals include a fresh entrée, fresh whole fruit, and 1% milk. Sometimes there are side dishes that accompany a particular entrée to help older adults meet their nutritional needs for the meal.

To enjoy freshly prepared salads and hot plates at the peak of their quality, please consume prior to the "best by" date printed on each package. Everytable meals are designed to be refrigerated, but you can freeze them if you wish – we just recommend transferring the meal in a freezer safe container.

When you receive your food, refrigerate immediately.

Common Food Allergens



Peanuts







Shellfish



Wheat



Tree nuts





Milk Eggs

Soybean

Meals may contain tree nuts and other food allergens.

Important information about meal deliveries during the holidays:

If your normal delivery day falls on a holiday, you will receive your delivery the Friday prior. Here are some upcoming holidays and the adjusted delivery dates:

Delivery dates

Christmas Day

Monday 12/25/23 _____Friday 12/22/23

New Years Day

Monday 1/1/24 _____Friday 12/29/23

Meal Heating Instructions

Everytable meals are fully cooked, so you can enjoy the meal at your preferred temperature with peace of mind!

Refer to the label on each dish for specific warming instructions. In general, be sure to remove any small containers inside the package (like sauces, croutons, etc.) before placing the dish into the microwave for 1-2 minutes. The tray that holds the entree and the sides is microwave safe.

If you prefer not to use a microwave, here are some alternative heating methods:

Oven

- Preheat the oven to 350 °F.
- Remove lid and any containers/pouches from the bowl and place contents into an oven-safe dish.
- Add 2 tablespoons of water and cover the dish with aluminum foil, place the dish in the oven middle rack at 350°F for 10-12 minutes until hot, or until the meal reaches an internal temperature of 165° for 15 seconds.

Stove-Top

- Remove the lid and any containers/pouches from the bowl and place them into a non-stick pan.
- Add 2 tablespoons of water and cook at medium heat for 6-8 minutes until hot or until the meal reaches an internal temperature of 165°F or 15 seconds.

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Caution: Hot meals will be hot after heating. Please handle carefully.

To cancel or hold your meal delivery, please call Sourcewise at 408-350-3246

Everytable Home Delivered Meals Program

Everytable Home Delivered Meals clients receive delicious, nutritious, and visually appealing meals. The menu, developed by a Registered Dietitian Nutritionist, fulfills 1/3 of the Dietary Reference Intake (DRI) for required nutrients* based on an adult who is 60 years old and older.

The Everytable Home Delivered Meals program menu has an average sodium content of 650-750 mg per meal. Please check with your healthcare provider for the recommended sodium intake that is right for you.

The goal for each meal is to provide an average of 550 calories. You will consume additional calories from milk and fruit that are included in the delivery.

The menu is not specifically designed for older adults with diabetes. However, this well-balanced menu is low in added sugars.

*Nutrition education is provided for nutrients not meeting 1/3 DRI.





