

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



Friday Dec 8

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



Thursday Dec 14

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

Monday Dec 25

Pesto Chicken Pasta
Orange

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



Friday Dec 29

Rainbow Crunch Salad
Side of Edamame
Apple



Vegetarian Meal



Meal contains more than 1000 mg sodium



Each meal is served with
8oz of low fat milk.



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



Tree nuts



Fish



Shellfish



Wheat



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 entrée 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.



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.