



**April 2019
Frozen Meal Plan**

Menu is subject to change without notice

Meals may contain common allergen like milk, eggs, fish, peanuts, soybeans & wheat

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1 Cannellini Bean Cacciatore Quinoa Winter Veg. Blend Green Beans Egg Patty Veg. Sausage Patty English Muffin Tropical Fruit Fresh Fruit Milk	2 Baked Chicken/ Cr. Dijon Sauce Whipped Potatoes Brussels Sprouts Diced Pork/ Sweet Thai Chili Sauce Parslied Br. Rice Capri Veg. Blend Pineapple Tidbits Fresh Fruit Milk	3 Spaghetti w/ Meat Sauce Mixed Veggies Chicken Wild Rice Soup WW Bread Margarine Caesar Salad/Drsg Fruit Juice Fresh Fruit Milk	4 Baked Chicken Breast/ Pesto Sauce Rice Pilaf Ca. Veg. Blend Turkey Chili Country Veggies Crackers Cornbread/ Marg. Raisins Fresh Fruit Milk	5 Pollock/Vera Cruz Sauce Herbed Rice Broccoli Denver Omelet Waffle/ Margarine Mandarin Oranges Syrup <u>Db/Ls – diet</u> Carrot Raisin Sld Fresh Fruit/ Milk	6 Diced Pork/Red Mole Sauce Sp. Rice/Beans Fiesta Veg. Blend Chicken Noodle Soup Crackers <u>Db/Ls – Unsalted</u> Pudding <u>Db/Ls – Diet Pud.</u> Fruit Juice Fresh Fruit/ Milk	7 Guinness Beef Yukon Potatoes Green Peas Baby Carrots Breakfast Burrito Swiss Cheese Tropical Fruit Muffin Margarine Fresh Fruit Milk
8 Veg. Enchilada Bake Garden Veg Blend Spinach Scrambled Eggs O'Brien Potatoes Peaches Tomato/Cucumber Salad Muffin Margarine Fresh Fruit Milk	9 Diced Chicken/ Thai Curry Coco Sc Rice WK Corn Oriental Veg. Blend Lentil & Garbanzos Bean Soup Crackers <u>Db/Ls – Unsalted</u> Pineapple Tidbits Fresh Fruit/ Milk	10 Greek Pastitsio Italian Veg. Blend Turkey Meatballs/ Poultry Gravy Whipped Potatoes Country Veg. Blend WW Bread Margarine Mango chunks Fresh Fruit Milk	11 Diced Pork/ White BBQ Sauce Sweet Potatoes Collard Greens Chic. Veg. Orzo Soup Crackers <u>Db/Ls – Unsalted</u> Raisins Fresh Fruit Milk	12 Pot. Crusted Fish /Salvadorian Sauce Couscous Broccoli Pancake syrup Pasta Alfredo Green Peas Gelatin <u>Db/Ls – Diet Gelatin</u> Fruit Juice Fresh Fruit/ Milk	13 Meatloaf/ Brown Gravy Yukon Potatoes Diced Carrots Diced Chicken/ Zesty Orange Sce Brown Rice Mexican Vegetable Blend Tropical Fruit Fresh Fruit/ Milk	14 Baked Chicken Breast with Shitake Sce Curried lentils Country Veg Blend Beef Stroganoff Egg Noodles Green Peas Cucumber Salad Peaches Fresh Fruit Milk
15 Mixed Bean Chili Cornbread Collard Greens	16 Baked Chicken Breast Mango BBQ Sauce Sweet Potatoes	17 Triple Stack Lasagna Beef Meat Sauce WK Corn	18 Beef Brisket/Brown Gravy Yukon Potatoes Capri Veg. blend	19 Salmon Patty/ Spiced Pear Chutney Herbed Rice	20 Baked Chicken/ Lemon Caper Sauce O'Brien Potatoes	21 Diced Pork/ Sesame Sauce Brown Rice Diced Carrots

Our menu meets 2/3 dietary reference intake DRI for all target nutrients except for Vit. D & Potassium. MOW dietitians will provide nutrition education handout to ensure you are meeting your daily Vit. D and potassium needs. MOW would like to thank the Office On the Aging of the City and County of San Francisco for their generous support of our program.

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<p>15 Monday Macaroni & Cheese Broccoli</p> <p>Mandarin Oranges Fresh Fruit Milk</p>	<p>16 Tuesday Minestrone Soup WW Bread Crackers <u>(Db/Ls – Unsalted)</u></p> <p>Margarine Fruit Juice Fresh Fruit Milk</p>	<p>17 Wednesday Sausage Patty Scrambled Eggs Waffles/ Margarine Syrup <u>Db/Ls-Diet Syrup</u></p> <p>Pineapple Tidbits Tossed Salad/ Dressing Fresh Fruit/ Milk</p>	<p>18 Thursday Pork Rib Patty/ BBQ Sauce Country Veg. Blend Ranch Beans</p> <p>WW Bread Margarine Fruit Juice Fresh Fruit/ Milk</p>	<p>19 Friday Cheese Omelet O'Brien Potatoes Tropical Fruit</p> <p>Cucumber Salad Fresh Fruit Milk</p>	<p>20 Saturday Beef Barley Soup Cornbread Margarine Pudding <u>(Db/Ls (diet Pudding)</u></p> <p>Fresh Fruit Fruit Juice Milk</p>	<p>21 Sunday Baked Chicken/ Basil Alfredo Sce Penne Pasta Green Peas WW Bread Margarine Peaches Fresh Fruit Milk</p>
<p>22 Cheesy Bake Green Beans</p> <p>Cuban Veg. Patty Plantains Capri Veggie</p> <p>WW Bread Margarine Fresh Fruit Fruit Juice Milk</p>	<p>23 Baked Chicken/ Ranchero Sauce Scalloped Potatoes Ca. Veg. Blend</p> <p>Scrambled Eggs French Toast Pineapple Tidbits 3 Bean Salad Pancake syrup <u>Db/Ls – Diet Syrup</u></p> <p>Fresh Fruit Margarine/ Milk</p>	<p>24 Beef Stew w/ Root Vegetables Parslied Potatoes Mixed Veggies</p> <p>Tuscan Bean Soup (Shredded Cheese)</p> <p>WW Bread Margarine Tropical Fruit Fresh Fruit Milk</p>	<p>25 Pork Chile Verde Brown Rice Country Veg. Blend</p> <p>Potato Crusted Fish/ Dill Sauce Lemon Orzo Mixed Veggies</p> <p>Margarine Applesauce Fresh Fruit Milk</p>	<p>26 Salisbury Steak/ Brown Gravy Yukon Potatoes Collard Greens</p> <p>Chicken Enchilada Bake Spanish Rice Fiesta Veg. Blend</p> <p>Raisins Fresh Fruit Milk</p>	<p>27 Cod Loin/Lemon Butter Sauce Herbed Rice Wax Beans</p> <p>Sausage Links O'Brien Potatoes Tropical Fruit</p> <p>Coleslaw Fresh Fruit Milk</p>	<p>28 Chicken with Basil Alfredo Sauce Penne Pasta Green Peas Diced Carrots Broccoli Cheese Soup Cornbread Gelatin <u>(Db/Ls – diet Gel)</u></p> <p>Fresh Fruit/ Juice Milk</p>
<p>29 Veggie Frittata O'Brien Potatoes Tropical Fruit</p> <p>Gnocchi Alfredo Italian Veg. Blend Broccoli</p> <p>Fresh Fruit Milk</p>	<p>30 Baked Pollock/ Dill Sauce Lemon Orzo Green Peas</p> <p>Salisbury Steak/ Brown Gravy Yukon Potatoes Green Beans WW Muffin Margarine/ Juice</p>	<p>1 Beef Taco Garden Veggie Blend</p> <p>Tortellini Tomato Spinach Soup Tortilla/Taco Sauce Crackers <u>Db/Ls- Unsalted</u></p> <p>Super Food Slaw Raisins</p>	<p>2 Chicken/ Pumpkin Seed Mole Sauce Herbed Rice Mixed Veggies</p> <p>Beef Meatballs/ Br. Butter Sauce Egg Noodles Diced Carrots Pineapple Tidbits</p>	<p>3 Diced Pork/Apricot Honey Sauce Sweet Potatoes Spinach</p> <p>Chicken Gumbo Brown Rice Margarine Fresh Fruit X 2 Milk</p>	<p>4 Diced Chicken/ Mild Green Curry Sauce Herbed Rice Capri Veg. Blend Scrambled Eggs Hash Browns Tropical Fruit Carrot Raisin Sld. Pudding <u>Db/Ls – Diet Pud.</u></p>	<p>5 Hamburger Baked Beans Mixed Veggies Chicken Chilaquilles Squash/Corn/ Tomato Lettuce/Tomato Hbger Bun/ Mayo Fresh Fruit/ Juice</p>

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	Fresh Fruit/Milk	Fresh Fruit/ Milk	Fresh Fruit/ Milk		Fresh Fruit/ Milk	Milk	
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