



April 2019
Hot/ Chilled 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 Greek Yogurt Oatmeal WW Muffin Margarine Fruit Juice Fresh Fruit Milk	2 Baked Chicken/ Cr. Dijon Sauce Whipped Potatoes Brussels Sprouts Peanut Butter X 3 Jelly WW Bread Super Food Slaw Fruit Juice Fresh Fruit Milk	3 Spaghetti w/ Meat Sauce Mixed Veggies Tuna Salad WW Bread Caesar Salad/ Ranch Dressing Raisins Fresh Fruit Milk	4 Baked Chicken Breast/ Pesto Sauce Sauce Rice Pilaf Ca. Veg. Blend Swiss Cheese WW Bread Mayo German Coleslaw Tropical Fruit Fresh Fruit Milk	5 Pollock/Vera Cruz Sauce Herbed Rice Broccoli Egg Salad WW Bread Cucumber Salad Fruit Juice Fresh Fruit Milk	6 Diced Pork/Red Mole Sauce Sp. Rice/Beans Fiesta Veg. Blend Cottage Cheese WG Muffin/ Marg. Diced Crt Lentil Sld Pudding <u>Db/Ls – Diet Pud.</u> P/A Tidbits Fresh Fruit/ Milk	7 Guinness Beef Yukon Potatoes Green Peas Baby Carrots Cranberry Chicken Salad Pita Bread Spiced Pears Fresh Fruit Milk
8 Veg. Enchilada Bake Garden Veg Blend Spinach Greek Yogurt Oatmeal WW Bran Muffin Margarine Corn and Bean Salad Fruit Cocktail Fresh Fruit/ Milk	9 Diced Chicken/ Thai Curry Coco Sc Rice WK Corn Oriental Veg. Blend Cottage Cheese Bagel Cream Cheese Pineapple Tidbits Fresh Fruit Milk	10 Greek Pastitsio Italian Veg. Blend Egg Salad WW bread Tom/Cucumber Salad Fruit Juice Fresh Fruit Milk	11 Diced Pork/ White BBQ Sauce Sweet Potatoes Collard Greens Chicken Salad WW Bread Broccoli/Cauliflower Salad Raisins Fresh Fruit Milk	12 Pot. Crusted Fish /Salvadorian Sauce Couscous Broccoli Peanut Butter X 3 Jelly X 2 <u>Db/Ls – Diet Jelly</u> WW Bread Tuscan Bean Salad Fruit Cocktail Gelatin <u>Db/Ls – Diet Gelatin</u> Fresh Fruit/ Milk	13 Meatloaf/ Brown Gravy Yukon Potatoes Diced Carrots Swiss Cheese WW Bread Mayo Corn & Lentil Salad Fruit Juice Fresh Fruit Milk	14 Baked Chicken Breast with Shitake Sauce Curried Lentils Country Veg Blend Tuna Salad WW Bread Carrot Raisin Salad Tropical Fruit Fresh Fruit Milk
15 Mixed Bean Chili Cornbread Collard Greens	16 Baked Chicken Breast Mango BBQ Sauce Sweet Potatoes Mixed Veggies	17 Triple Stack Lasagna Beef Meat Sauce WK Corn Green Beans	18 Beef Brisket/Brown Gravy Yukon Potatoes Capri Veg. blend	19 Salmon Patty/ Spiced Pear Chutney Herbed Rice Spinach	20 Baked Chicken/ Lemon Caper Sauce O'Brien Potatoes Winter Veggies	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 Greek Yogurt Oatmeal Corn Carrot Salad Tropical Fruit Peaches Milk</p>	<p>16 Tuesday Swiss Cheese WW Bread Mayo 3 Bean Salad Fruit Juice Fresh Fruit Milk</p>	<p>17 Wednesday Hard Ckd Eggs X3 WW Bread Mayo Herbed Potato Salad Raisins Fresh Fruit Milk</p>	<p>18 Thursday Chicken Salad Pita Bread Lentil and Carrot Sld Mandarin Oranges Fresh Fruit Milk</p>	<p>19 Friday Cheddar Cheese WW Bread Mayo Tuscan Bean Salad Fruit Juice Fresh Fruit Milk</p>	<p>20 Saturday Egg Salad WW Bread German Coleslaw Pudding <u>(Db/Ls (diet pudding)</u> Fresh Fruit P/A Tidbits/ Milk</p>	<p>21 Sunday Peanut Butter X 3 Jelly X 2 <u>Db/Ls – Diet Jelly</u> WW Bread Cucumber Salad Fruit Juice Fresh Fruit Milk</p>
<p>22 Cheesy Bake Green Beans Greek Yogurt Oatmeal Muffin Margarine Edamame Corn Salad Fresh Fruit X 2 Milk</p>	<p>23 Baked Chicken/ Ranchero Sauce Scalloped Potatoes Ca. Veg. Blend Peanut Butter X3 Jelly X 2 <u>Db/Ls – Diet Jelly</u> 3 Bean Salad Fruit Juice Fresh Fruit Milk</p>	<p>24 Beef Stew w/ Root Vegetables Parslied Potatoes Mixed Veggies Egg Salad WW Bread Carrot Raisin Salad Fruit Juice Fresh Fruit Milk</p>	<p>25 Pork Chile Verde Brown Rice Country Veg. Blend Cottage Cheese WW Bran Muffin Margarine Corn Lentil Salad Tropical Fruit Fresh Fruit Milk</p>	<p>26 Salisbury Steak/ Brown Gravy Yukon Potatoes Collard Greens Chicken Salad WW Bread Chickpea Salad Raisins Fresh Fruit Milk</p>	<p>27 Cod Loin/Lemon Butter Sauce Herbed Rice Wax Beans Swiss Cheese WW Bread Mayo Coleslaw Fresh Fruit Fruit Juice Milk</p>	<p>28 Chicken with Basil Alfredo Sce. Penne Pasta Green Peas Diced Carrots Tuna Salad Hawaiian Mac Sld Crackers Gelatin <u>Db/Ls: Diet Gelatin</u> Pineapple Tidbits Fresh Fruit/ Milk</p>
<p>29 Veggie Frittata O'Brien Potatoes Tropical Fruit Greek Yogurt Oatmeal WG Blueberry Muffin Margarine Cucumber Salad Pineapple Tidbits Fresh Fruit Milk</p>	<p>30 Baked Pollock/ Dill Sauce Lemon Orzo Green Peas Swiss Cheese WW Bread Mayo Kidney Bean Salad Fruit Juice Fresh Fruit Milk</p>	<p>31 Beef Taco Garden Veggie Blend Cranberry Chicken Salad WW Bread Super Food Slaw Tortilla Picante Sauce Raisins Fresh Fruit Milk</p>	<p>1 Chicken/ Pumpkin Seed Mole Sauce Herbed Rice Mixed Veggies Peanut Butter X 3 Jelly X2 <u>Db/Ls – diet jelly</u> WW Bread Calif. Veg Salad Pineapple Tidbits Fresh Fruit Milk</p>	<p>2 Diced Pork/ Apricot Honey Sauce Sweet Potatoes Spinach Hard Ckd Eggs X3 WW Bread Mayo Chickpea Salad Fruit Juice Fresh Fruit Milk</p>	<p>3 Diced Chicken/ Mild Green Curry Sauce Herbed Rice Capri Veggie Blend Tuna Mac Salad Crackers Corn Lentil Salad Pudding <u>(Db/Ls – diet pud.)</u> Applesauce Fresh Fruit/ Milk</p>	<p>4 Hamburger Baked Beans Mixed Veggies Cottage Cheese Muffin/ Margarine Lettuce/Tomatoes Hamburger Bun Mayo Peaches Fresh Fruit Milk</p>

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