



**August to October 2020  
Hot Meal Plan**

**Please Note - Menu is subject to change without notice due to availability and storage space  
MOW Provides 1 serving of Beverage Mix and Milk daily 415-920-1111 | MOWSF.ORG**

<b>MONDAY</b> July 27, Aug. 31, Oct. 5	<b>TUESDAY</b> July 28, Sept. 1, Oct. 6	<b>WEDNESDAY</b> July 29, Sept. 2, Oct. 7	<b>THURSDAY</b> July 30, Sept. 3, Oct. 8	<b>FRIDAY</b> July 31, Sept. 4, Oct. 9	<b>SATURDAY</b> Aug. 1, Sept. 5, Oct. 10	<b>SUNDAY</b> Aug. 2, Sept. 6, Oct. 11
<b>Southwest Chili</b> Brown Rice Broccoli Corn Muffin, Margarine Fresh Fruit  <b>Greek Yogurt</b> Oatmeal Muffin - Margarine Seasonal Mixed Salad Fruit Cup	<b>Thai Diced Chicken Curry</b> Jasmine Rice Stir Fry Vegetables Whole Kernel Corn Fresh Fruit  <b>Peanut Butter &amp; Jelly</b> Whole Wheat Bread Seasonal Vegetable Salad Crackers** – Margarine Fruit Cup	<b>Breaded Fish Sticks with Tartar Sauce</b> Confetti Couscous Capri Vegetables Green Peas Fresh Fruit  <b>Sliced Turkey &amp; Cheese</b> Whole Wheat Bread Seasonal Vegetable Salad Fruit Cup	<b>Diced Pork with Red Mole Sauce</b> Sweet Potatoes Squash Medley Fresh Fruit  <b>Cottage Cheese</b> Muffin – Margarine Broccoli Edamame Salad Crackers** - Margarine Fruit Cup	<b>Salisbury Steak with Onion Mushroom Gravy</b> Mashed Potatoes Carrots & Cauliflower Fresh Fruit  <b>Tuna Salad</b> Whole Wheat Bread Seasonal Vegetable Salad Fruit Cup	<b>Diced Chicken with Marsala Sauce</b> Curried Lentils Mixed Vegetables Fresh Fruit  <b>Hummus</b> Pita Bread Seasonal Vegetable Salad Fruit Cup	<b>Savory Turkey with Egg Noodles</b> Italian Vegetables Fresh Fruit  <b>Hard Cooked Eggs</b> Whole Wheat Bread Mayonnaise Carrot Raisin Salad Pudding* Crackers**- Margarine Fruit Cup
<b>Aug. 3, Sept. 7, Oct. 12</b>	<b>Aug. 4, Sept. 8, Oct. 13</b>	<b>Aug. 5, Sept. 9, Oct. 14</b>	<b>Aug. 6, Sept. 10, Oct. 15</b>	<b>Aug. 7, Sept. 11, Oct. 16</b>	<b>Aug. 8, Sept. 12, Oct. 17</b>	<b>Aug. 9, Sept. 13, Oct. 18</b>
<b>Beef Patty &amp; Gravy</b> Mashed Potatoes Capri Vegetables Fresh Fruit  <b>Cottage Cheese</b> Muffin – Margarine Kidney Bean Salad Crackers** Fruit Cup	<b>Diced Pork with Asian Sesame Sauce</b> Brown Rice Butternut Squash Spinach Fresh Fruit  <b>Chicken Salad</b> <b>Peanut Butter &amp; Jelly</b> Whole Wheat Bread Seasonal Vegetable Salad Fruit Cup	<b>Beef Taco &amp; Spanish Rice</b> Fajita Vegetable Blend Taco Sauce Flour Tortilla Fresh Fruit  <b>Greek Yogurt</b> Oatmeal Muffin - Margarine Seasonal Vegetable Salad Fruit Cup	<b>Mushroom Frittata</b> Diced Potatoes Garden Vegetables Fresh Fruit  <b>Tuna Salad</b> Whole Wheat Bread Bean & Corn Salad Pudding* Banana	<b>California Patty with Vegetable Gravy</b> Orzo Rice Pilaf Ranch Beans Broccoli & Cauliflower Fresh Fruit  <b>Sliced Turkey &amp; Cheese</b> Whole Wheat Bread Seasonal Vegetable Salad Fruit Cup	<b>Baked Cod with White Wine Dill Sauce</b> Quinoa Green Peas Fresh Fruit  <b>Hard Cooked Eggs</b> Whole Wheat Bread Mayonnaise Creamy Coleslaw Fruit Cup	<b>Diced Chicken Breast with Creamy Garlic Sauce</b> Penne Pasta Italian Vegetables Carrots Fresh Fruit  <b>Hummus</b> Pita Bread Seasonal Vegetable Salad Pudding* Fruit Cup
<b>Aug. 10, Sept. 14, Oct. 19</b>	<b>Aug. 11, Sept. 15, Oct. 20</b>	<b>Aug. 12, Sept. 16, Oct. 21</b>	<b>Aug.13, Sept. 17, Oct. 22</b>	<b>Aug. 14, Sept. 18, Oct. 23</b>	<b>Aug. 15, Sept. 19, Oct. 24</b>	<b>Aug. 16, Sept 20, Oct. 25</b>
<b>Armenian Beef &amp; Eggplant Casserole</b> Fresh Fruit  <b>Greek Yogurt</b> Oatmeal Muffin - Margarine Edamame Corn Salad Fruit Cup	<b>Diced Chicken &amp; Gravy</b> Sweet Potato Wedges Capri Mixed Vegetables Fresh Fruit  <b>Peanut Butter &amp; Jelly</b> Whole Wheat Bread Seasonal Vegetable Salad Fruit Cup	<b>Beef &amp; Vegetable Stew</b> Brown Rice Broccoli Green Beans Fresh Fruit  <b>Sliced Turkey &amp; Cheese</b> Whole Wheat Bread Crackers** Carrot Raisin Salad Fruit Cup	<b>Pork Patty with Mango BBQ Sauce</b> Lemon Orzo Asian Seasonal Vegetable Salad Fresh Fruit  <b>Hummus</b> Pita Bread Garbanzo Salad Pudding* Fruit Cup	<b>Beef Meatballs with Sweet &amp; Sour Sauce</b> Quinoa Spinach Fresh Fruit  <b>Chicken Salad</b> <b>Peanut Butter &amp; Jelly</b> Whole Wheat Bread Seasonal Vegetable Salad Fruit Cup	<b>Fish Sticks &amp; Home Fries</b> Tartar Sauce Green Beans Diced Carrots Fresh Fruit  <b>Cottage Cheese</b> Muffin – Margarine Seasonal Vegetable Salad Crackers** Fruit Cup	<b>Diced Chicken with Pesto Sauce</b> Penne Pasta Italian Vegetables Fresh Fruit  <b>Tuna Salad</b> Whole Wheat Bread Margarine Coleslaw Salad Fruit Cup



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<b>MONDAY</b> Aug. 17, Sept. 21, Oct. 26	<b>TUESDAY</b> Aug. 18, Sept. 22, Oct. 27	<b>WEDNESDAY</b> Aug. 19, Sept 23, Oct. 28	<b>THURSDAY</b> Aug. 20, Sept. 24, Oct. 29	<b>FRIDAY</b> Aug. 21, Sept. 25, Oct. 30	<b>SATURDAY</b> Aug. 22, Sept. 26, Oct. 31	<b>SUNDAY</b> Aug 23, Sept. 27, Nov. 1
<b>Macaroni &amp; Cheese</b> Country Vegetables Fresh Fruit  <b>Cottage Cheese</b> Muffin – Margarine Herbed Potato Salad Crackers** Fruit Cup	<b>Baked Cod with Lemon Caper Sauce</b> Confetti Couscous Seasonal Vegetables Peas & Carrots Fresh Fruit  <b>Chicken Salad Peanut Butter &amp; Jelly</b> Whole Wheat Bread Seasonal Vegetable Salad Fruit Cup	<b>Beef Enchilada</b> Cilantro Brown Rice Garden Vegetables Fresh Fruit  <b>Hard Cooked Eggs</b> Whole Wheat Bread Mayonnaise Seasonal Vegetable Salad Fruit Cup	<b>Diced Chicken with Country Gravy</b> Tater Tots Mixed Vegetables Fruit Cup  <b>Hummus</b> Pita Bread Russian Beet Salad Pudding* Fruit Cup	<b>Diced Pork with Honey Mustard Sauce</b> Sweet Potatoes Spinach Fresh Fruit  <b>Sliced Turkey &amp; Cheese</b> Whole Wheat Bread Crackers** Seasonal Vegetable Salad Fruit Cup	<b>Diced Chicken Curry</b> Brown Rice Asian Vegetables Fresh Fruit  <b>Tuna Salad</b> Whole Wheat Bread - Margarine Seasonal Vegetable Salad Fruit Cup	<b>Meatloaf with Salvadorian Sauce</b> Diced Potatoes Seasonal Vegetables Spinach Fresh Fruit  <b>Peanut Butter &amp; Jelly</b> Whole Wheat Bread Seasonal Vegetable Salad Fruit Cup
<b>Aug. 24, Sept. 28, Nov. 2</b>	<b>Aug. 25, Sept. 29, Nov. 3</b>	<b>Aug. 26, Sept. 30, Nov. 4</b>	<b>Aug. 27, Oct. 1, Nov. 5</b>	<b>Aug. 28, Oct. 2, Nov. 6</b>	<b>Aug. 29, Oct. 3, Nov. 7</b>	<b>Aug. 30, Oct. 4, Nov. 8</b>
<b>Baked Cod with Sun Dried Tomato Pesto</b> Penne Pasta Lima Beans & Corn Butternut Squash Fresh Fruit  <b>Greek Yogurt</b> Oatmeal Margarine Seasonal Vegetable Salad Fruit Cup	<b>Beef Bulgogi</b> Brown Rice Asian Vegetable Blend Spinach Fresh Fruit  <b>Hummus</b> Pita Bread Potato Salad Pudding* Fruit Cup	<b>Cheese Ravioli with Marinara Sauce</b> Capri Vegetables Fresh Fruit  <b>Sliced Turkey &amp; Cheese</b> Whole Wheat Bread Crackers** Seasonal Salad Fruit Cup	<b>Diced Chicken with Ginger Scallion Sauce</b> Potatoes O'Brien Mixed Vegetables Green Beans Fruit Cup  <b>Tuna Salad</b> Whole Wheat Bread - Margarine Edamame Carrot Salad Fruit Cup	<b>Baked Cod with Creole Sauce</b> Lemon Orzo Capri Vegetable Blend Butternut Squash Fruit Cup  <b>Peanut Butter &amp; Jelly</b> Whole Wheat Bread Seasonal Vegetable Salad Fruit Cup	<b>Sweet &amp; Sour Pork</b> Brown Rice Broccoli Carrots Fresh Fruit  <b>Hard Cooked Eggs</b> Whole Wheat Bread Mayonnaise Chef's Salad Fruit Cup	<b>Beef Stroganoff</b> Egg Noodles Italian Vegetables Fresh Fruit  <b>Chicken Salad Peanut Butter &amp; Jelly</b> Whole Wheat Bread Seasonal Vegetable Salad Fruit Cup

\* **Pudding (Diabetic/Low Sodium – Sugar Free Pudding)**

\*\* **Crackers (Diabetic/Low Sodium – LS Crackers)**

***During this COVID 19 crisis, take extra care and remember to frequently wash your hands properly and avoid touching your face. Avoid public places, common areas and practice social distancing. Older adults should still exercise and eat right just as you would at any other time of the year.***

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