



## August to October 2020 Frozen Meal Plan

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

MONDAY July 27, Aug. 31, Oct. 5	TUESDAY July 28, Sept. 1, Oct. 6	WEDNESDAY July 29, Sept. 2, Oct. 7	THURSDAY July 30, Sept. 3, Oct. 8	FRIDAY July 31, Sept. 4, Oct. 9	SATURDAY Aug. 1, Sept. 5, Oct. 10	SUNDAY Aug. 2, Sept. 6, Oct. 11
<b>Southwest Chili</b> Brown Rice Broccoli Corn Muffin, Margarine Fresh Fruit  <b>Cream of Chicken &amp; Mushroom Soup</b> Crackers** - Margarine Seasonal Mixed Salad Fruit Juice Fruit Cup	<b>Thai Diced Chicken Curry</b> Jasmine Rice Stir Fry Vegetables Whole Kernel Corn Fresh Fruit  <b>Cheese &amp; Pepper Frittata</b> O'Brien Potatoes Diced Carrots Crackers** - Margarine Fruit Cup	<b>Breaded Fish Sticks with Tartar Sauce</b> Confetti Couscous Capri Vegetables Green Peas Fresh Fruit  <b>Diced Chicken with Tandoori Sauce</b> Cilantro Rice Spinach Fruit Cup	<b>Diced Pork with Red Mole Sauce</b> Sweet Potatoes Squash Medley Fresh Fruit  <b>West Coast Bean &amp; Kale Soup</b> Dinner Roll - Margarine Broccoli Edamame Salad Fruit Juice Fruit Cup	<b>Salisbury Steak with Onion Mushroom Gravy</b> Mashed Potatoes Carrots & Cauliflower Fresh Fruit  <b>Diced Chicken a la King</b> Egg Noodles Capri Vegetables Green Beans Crackers** - Margarine Banana Fruit Cup	<b>Diced Chicken with Marsala Sauce</b> Curried Lentils Mixed Vegetables Fresh Fruit  <b>Egg Patties &amp; Bacon</b> Hash Browns Seasonal Vegetables Crackers** - Margarine Fruit Cup	<b>Savory Turkey with Egg Noodles</b> Italian Vegetables Fresh Fruit  <b>Beef Burgundy</b> Red Potatoes Country Vegetables Carrot Raisin Salad Pudding* Crackers** - Margarine Fruit Cup
Aug. 3, Sept. 7, Oct. 12	Aug. 4, Sept. 8, Oct. 13	Aug. 5, Sept. 9, Oct. 14	Aug. 6, Sept. 10, Oct. 15	Aug. 7, Sept. 11, Oct. 16	Aug. 8, Sept. 12, Oct. 17	Aug. 9, Sept. 13, Oct. 18
<b>Beef Patty &amp; Gravy</b> Mashed Potatoes Capri Vegetables Fresh Fruit  <b>Diced Chicken &amp; Pasta Marinara</b> Peas & Carrots Whole Kernel Corn Kidney Bean Salad Dinner Roll - Margarine Fruit Cup	<b>Diced Pork with Asian Sesame Sauce</b> Brown Rice Butternut Squash Spinach Fresh Fruit  <b>Broccoli Cheese Soup</b> Dinner Roll - Margarine Fruit Cup	<b>Beef Taco with Spanish Rice</b> Fajita Vegetable Blend Taco Sauce Flour Tortilla Fresh Fruit  <b>Scrambled Eggs with Veggie Sausage Patty</b> Garden Vegetables Crackers** - Margarine Fruit Cup	<b>Mushroom Frittata</b> Diced Potatoes Garden Vegetables Fresh Fruit  <b>Turkey Florentine with Egg Noodles</b> Country Vegetables Bean & Corn Salad Crackers** - Margarine Banana Fruit Cup	<b>California Patty with Vegetable Gravy</b> Orzo Rice Pilaf Ranch Beans Broccoli & Cauliflower Fresh Fruit  <b>Pork Adobo on Brown Rice</b> Mixed Vegetables Dinner Roll - Margarine Fruit Cup	<b>Baked Cod with White Wine Dill Sauce</b> Quinoa Green Peas Fresh Fruit  <b>Japanese Chicken Vegetable Curry</b> Brown Rice Stir Fry Vegetables Creamy Coleslaw Fruit Juice Fruit Cup	<b>Diced Chicken Breast &amp; Creamy Garlic Sauce</b> Penne Pasta Italian Vegetable Blend Carrots Fresh Fruit  <b>Braised Beef with Spanish Rice</b> Mixed Vegetables Pudding* Fruit Juice Fruit Cup
Aug. 10, Sept. 14, Oct. 19	Aug. 11, Sept. 15, Oct. 20	Aug. 12, Sept. 16, Oct. 21	Aug. 13, Sept. 17, Oct. 22	Aug. 14, Sept. 18, Oct. 23	Aug. 15, Sept. 19, Oct. 24	Aug. 16, Sept. 20, Oct. 25
<b>Armenian Beef &amp; Eggplant Casserole</b> Fresh Fruit  <b>Lentil Vegetable Soup</b> Dinner Roll - Margarine Edamame Corn Salad Fruit Juice Fruit Cup	<b>Diced Chicken &amp; Gravy</b> Sweet Potato Wedges Capri Mixed Vegetables Fresh Fruit  <b>Pancakes with Turkey Sausage Patty</b> Pancake Syrup Seasonal Vegetables Bran Muffin - Margarine V-8 Juice Fruit Cup	<b>Beef &amp; Vegetable Stew</b> Brown Rice Broccoli Green Beans Fresh Fruit  <b>Chicken Chilaquilles</b> Mixed Vegetables Carrot & Raisin Salad Crackers** - Margarine Fruit Cup	<b>Pork Patty with Mango BBQ Sauce</b> Lemon Orzo Asian Vegetable Salad Fresh Fruit  <b>Chicken &amp; Tortellini Soup</b> Garbanzo Salad Crackers** - Margarine Fruit Cup	<b>Beef Meatballs with Sweet &amp; Sour Sauce</b> Quinoa Spinach Fresh Fruit  <b>Vegetable Omelet</b> Sweet Potatoes Carrots Pudding* Fruit Cup	<b>Fish Sticks &amp; Home Fries</b> Tartar Sauce Green Beans/Diced Carrots Fresh Fruit  <b>Asian Braised Beef</b> Egg Noodles & Peas Mixed Vegetable Crackers** - Margarine Banana Fruit Cup	<b>Diced Chicken with Pesto Sauce</b> Penne Pasta Italian Vegetables Fresh Fruit  <b>Chicken &amp; Barley Soup</b> Coleslaw Salad Crackers** - Margarine 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>Waffle with Turkey Sausage Patties</b> Pancake Syrup Margarine Mixed Vegetable Herbed Potato Salad Fruit Juice Fruit Cup	<b>Baked Cod with Lemon Caper Sauce</b> Confetti Couscous Seasonal Vegetables Peas & Carrots Fresh Fruit  <b>Swiss Steak with French Onion Gravy</b> Egg Noodles Capri Vegetables Dinner Roll - Margarine Pudding* Fruit Cup	<b>Beef Enchilada</b> Cilantro Brown Rice Garden Vegetable Blend Fresh Fruit  <b>Italian Wedding Soup with Turkey Meatballs</b> Dinner Roll - Margarine Seasonal Salad Mix Apricot Cup	<b>Diced Chicken with Country Gravy</b> Tater Tots Mixed Vegetables Fruit Cup  <b>Egg Patties &amp; Cheese Hash Browns</b> Peas & Carrots Russian Beet Salad English Muffin - Margarine Banana	<b>Diced Pork with Honey Mustard Sauce</b> Sweet Potatoes Spinach Fresh Fruit  <b>Cauliflower with Cheese Sauce</b> Couscous & Quinoa Blend Brussels Sprouts Crackers** - Margarine Fruit Juice Fruit Cup	<b>Diced Chicken Curry</b> Brown Rice Asian Vegetables Fresh Fruit  <b>Beef Barley Soup</b> Confetti Corn Salad Crackers** – Margarine Fruit Cup	<b>Meatloaf with Salvadorian Sauce</b> Diced Potatoes Seasonal Vegetables Spinach Fresh Fruit  <b>Diced Chicken &amp; Gravy</b> Couscous Capri Vegetables Carrots Pudding* Fruit Juice 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>Chicken &amp; Dumplings</b> Peas & Carrots Spinach Crackers** - Margarine Fruit Juice Fruit Cup	<b>Beef Bulgogi</b> Brown Rice Asian Vegetables Spinach Fresh Fruit  <b>Cheese Tortellini with Basil Pesto Sauce</b> Broccoli Potato Salad Dinner Roll - Margarine Fruit Cup	<b>Cheese Ravioli with Marinara Sauce</b> Capri Vegetables Fresh Fruit  <b>Chicken Corn Chowder</b> Dinner Roll, Margarine Seasonal Salad Pudding* Fruit Cup	<b>Diced Chicken with Ginger Scallion Sauce</b> Potatoes O'Brien Mixed Vegetables Green Beans Fruit Cup  <b>Asian Braised Pork</b> Brown Rice Edamame Carrot Salad Crackers** - Margarine Banana	<b>Baked Cod with Creole Sauce</b> Lemon Orzo Capri Vegetables Butternut Squash  <b>Cheese Omelet</b> Tater Tots Garden Vegetables Fruit Cup Crackers** - Margarine Fruit Juice Fresh Fruit	<b>Sweet &amp; Sour Pork</b> Brown Rice Broccoli Carrots Fresh Fruit  <b>Braised Beef &amp; Cabbage</b> Peas & Mushroom Orzo Chef's Salad Dinner Roll - Margarine Fruit Juice Fruit Cup	<b>Beef Stroganoff</b> Egg Noodles Italian Vegetables Fresh Fruit  <b>Three Bean &amp; Spinach Soup</b> Crackers** Pudding* Fruit Cup

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

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

***During this COVID 19 crisis, take extra care & remember to frequently wash your hands properly & avoid touching your face. Avoid public places, common areas & practice social distancing. Older adults should still exercise & 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 handouts to ensure you are meeting your daily Vitamin D & potassium needs. MOWSF would like to thank the Department of Disability & Aging Service of the City & County of San Francisco for their generous support of our program.