



**August 2019  
Frozen Meal Plan**

**Menu is subject to change without notice**

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Hot Weather Tips</b> <b>1. Drink plenty of water and non-alcoholic fluids</b> – do not wait until you are thirsty. Carry a water bottle with you. <b>2. Avoid alcohol and caffeine</b> – they cause your body to lose more water. <b>3. Protect yourself against the sun</b> -wear loose fitting/ light colored clothing, use sunscreen of SPF 15 or higher, broad brimmed hat and sunglasses. <b>4. Have a friend check up on you</b> – ask them to check on you at different times of the day when the temperature is extremely hot.			<b>1</b> <b>Salmon Patty/ Spiced Pear</b> Herbed Rice Spinach <b>Pork Rib Patty/ BBQ Sauce</b> Country Veg. Blend Ranch Beans Bread/ Margarine Fruit Juice Fresh Fruit/ Milk	<b>2</b> <b>Sliced Beef/ Brown Gravy</b> Yukon Potatoes Capri Veg. blend  <b>Sausage Patty Scrambled Eggs</b> Waffles/ Syrup Margarine Pineapple Tidbits <u>Db/Ls-Diet Syrup</u> Cucumber Salad Fresh Fruit/ Milk	<b>3</b> <b>Baked Chicken/ Lemon Caper Sauce</b> O'Brien Potatoes Winter Veggies  <b>Beef Barley Soup</b> Corn Muffin/ Marg. Gelatin <u>(Db/Ls (Diet Gelatin))</u> Fresh Fruit X2 Milk	<b>4</b> <b>Diced Pork/ Sesame Sauce</b> Brown Rice Diced Carrots  <b>Baked Chicken/ Basil Alfredo Sce.</b> Penne Pasta Green Peas WW Bread/ Marg. Peaches Fresh Fruit Milk
<b>5</b> <b>Cheesy Bake</b> Green Beans  <b>Cuban Veg. Patty</b> Plantains Capri Veggie Mix  WW Bread Margarine Fresh Fruit Fruit Juice Milk	<b>6</b> <b>Baked Chicken/ Ranchero Sauce</b> Scalloped Potatoes Ca. Veggie Blend  <b>Scrambled Eggs</b> French Toast Pineapple Tidbits 3 Bean Salad Pancake syrup <u>Db/Ls – Diet Syrup</u> Fresh Fruit Margarine/ Milk	<b>7</b> <b>Beef Stew w/ Root Vegetables</b> Parslied Potatoes Mixed Veggies  <b>Tuscan Bean Soup</b> (Shredded Cheese) WW Bread Margarine Tropical Fruit Fresh Fruit Milk	<b>8</b> <b>Pork Chile Verde</b> Brown Rice Country Veg. Blend  <b>Potato Crusted fish</b> Dill Sauce Mixed Veggies  Margarine Applesauce Fresh Fruit Milk	<b>9</b> <b>Salisbury Steak/ Brown Gravy</b> Yukon Potatoes Spinach  <b>Chicken Enchilada Bake</b> Spanish Rice Fiesta Veg. Blend  Raisins Fresh Fruit Milk	<b>10</b> <b>Cod Loin/Lemon Butter Sauce</b> Herbed Rice Wax Beans  <b>Sausage Links</b> O'Brien Potatoes Tropical Fruit  Coleslaw Fresh Fruit Milk	<b>11</b> <b>Diced Chicken/ Basil Alfredo Sauce</b> Penne Pasta Green Peas Diced Carrots <b>Broccoli Cheese Soup</b> Corn Muffin/ Marg. Pudding <u>(Db/Ls – diet Pud)</u> Fresh Fruit/ Juice Milk
<b>12</b> <b>Veggie Frittata</b> O'Brien Potatoes Tropical Fruit	<b>13</b> <b>Baked Pollock/Dill Sauce</b> Lemon Orzo Green Peas	<b>14</b> <b>Beef Taco</b> Garden Veggie Blend	<b>15</b> <b>Chicken/ Pumpkin Seed Mole Sauce</b> Herbed Rice Mixed Veggies	<b>16</b> <b>Diced Pork/Peach Honey Sauce</b> Sweet Potatoes Spinach	<b>17</b> <b>Diced Chicken/ Curry Sauce</b> Herbed Rice Capri Veg. Blend	<b>18</b> <b>Hamburger</b> Baked Beans Mixed Veggies

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><b>12 Monday</b> <b>Quinoa Pepper Bowl</b> Italian Veg. Blend Broccoli  Fresh Fruit Milk</p>	<p><b>13 Tuesday</b> <b>Salisbury Steak/</b> Brown Gravy Yukon Potatoes Green Beans WW Muffin/ Margarine Fruit Juice Fresh Fruit/ Milk</p>	<p><b>14 Wednesday</b> <b>Tortellini Tomato Spinach Soup</b> Crackers x 3 <u>Db/Ls- Unsalted</u> Super Food Slaw Tortilla Taco Sauce Raisins Fresh Fruit/ Milk</p>	<p><b>15 Thursday</b> <b>Beef Meatballs/ Br. Butter Sauce</b> Egg Noodles Diced Carrots Pineapple Tidbits Fresh Fruit Milk</p>	<p><b>16 Friday</b> <b>Chicken Gumbo</b> Brown Rice  Corn Muffin Margarine Fresh Fruit X 2 Milk</p>	<p><b>17 Saturday</b> <b>Scrambled Eggs</b> Hash Browns Tropical Fruit Carrot Raisin Sld. Gelatin <u>(Db/Ls – Diet Gelatin)</u> Fresh Fruit/ Milk</p>	<p><b>Chicken Chilaquilles</b> Squash/Corn/ Tomato Lettuce/ Tomato Hamburger Bun Mayonnaise Fresh Fruit Fruit Juice/ Milk</p>
<p><b>19 Cannellini Bean Cacciatore</b> Quinoa Winter Veg. Blend Green Beans <b>Egg Patty Veg. Sausage Patty</b> WW Engl. Muffin Tropical Fruit Fresh Fruit Milk</p>	<p><b>20 Baked Chicken/ Cr. Dijon Sauce</b> Whipped Potatoes Brussels Sprouts  <b>Diced Pork/ Sweet Thai Chili Sauce</b> Parslied Br. Rice Capri Veggie Blend Pineapple Tidbits Fresh Fruit Milk</p>	<p><b>21 Spaghetti w/ Meat Sauce</b> Mixed Veggies  <b>Chicken Wild Rice Soup</b> WW Bread/ Marg. Caesar Salad/ Dressing Fruit Juice Fresh Fruit/ Milk</p>	<p><b>22 Pollock/Vera Cruz Sauce</b> Herbed Rice Broccoli  <b>Turkey Chili</b> Country Veg. Blend Corn Muffin Crackers Margarine Raisins Fresh Fruit / Milk</p>	<p><b>23 Baked Chicken Breast/ Pesto Sauce</b> Rice Pilaf Ca. Veg. Blend <b>Beef Stroganoff</b> Egg Noodles Green Peas Cucumber Salad Peaches Fresh Fruit Milk</p>	<p><b>24 Diced Pork/Red Mole Sauce</b> Sp. Rice/Beans Fiesta Veg. Blend  <b>Chicken Noodle Soup</b> Crackers Pudding <u>(Db/Ls: Diet Pud)</u> Fruit Juice Diced Apples/ Milk</p>	<p><b>25 Beef Burgundy Stew</b> Yukon Potatoes Green Peas Baby Carrots <b>Breakfast Burrito</b> Sl. Monterey Jack Cheese Tropical Fruit WG Muffin Margarine Fresh Fruit/ Milk</p>
<p><b>26 Veg. Enchilada Bake</b> Garden Veg Blend Spinach <b>Scrambled Eggs</b> O'Brien Potatoes Peaches WW Muffin/Marg. Tom/Cucumber Fresh Fruit Milk</p>	<p><b>27 Diced Chicken/ Thai Curry Coco Sauce</b> Rice Whole Kernel Corn Oriental Veg. Blend <b>Lentil &amp; Garbanzo Bean Soup</b> Crackers <u>Db/Ls – Unsalted</u> Pineapple Tidbits Fresh Fruit/ Milk</p>	<p><b>28 Greek Pastitsio</b> Italian Veg. Blend  <b>Turkey Meatballs/ Poultry Gravy</b> Whipped Potatoes Country Veg. Blend WW Bread Margarine Mango Chunks Fresh Fruit Milk</p>	<p><b>29 Holiday Delivery Diced Pork / BBQ Sauce</b> Sweet Potatoes Mixed Veggies  <b>Chicken Vegetable Orzo Soup</b> Crackers <u>Db/Ls – Unsalted</u> Raisins Fresh Fruit / Milk</p>	<p><b>30 Pot. Crusted Fish /Salvadorian Sauce</b> Couscous Broccoli <b>Diced Chicken/ Zesty Orange Sce</b> Brown Rice Mexican Veggies Gelatin <u>Db/Ls – Diet Gelatin</u> Fruit Juice Fresh Fruit/ Milk</p>	<p><b>31 Meatloaf/ Brown Gravy</b> Yukon Potatoes Diced Carrots  <b>Pasta Alfredo</b> Green Peas  Tropical Fruit Fresh Fruit Milk</p>	<p><b>September 1 Baked Chicken/ Shitake Sauce</b> Curried lentils Country Veg Blend <b>Denver Omelet</b> Waffle Mandarin Oranges Pancake Syrup <u>Db/Ls: Diet Syrup</u> Margarine Carrot Raisin Sld. Fresh Fruit/ Milk</p>

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