



**August 2019  
Hot Chilled 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>Chicken Salad</b> Pita Bread Lentil and Carrot Salad Mandarin Oranges Fresh Fruit Milk	<b>2</b> <b>Sliced Beef/ Brown Gravy</b> Yukon Potatoes Capri Veg. blend  <b>Cheddar Cheese</b> WW Bread X2 Mayonnaise Tuscan Bean Salad Fruit Juice Fresh Fruit Milk	<b>3</b> <b>Baked Chicken/ Lemon Caper Sauce</b> O'Brien Potatoes Winter Veggies <b>Egg Salad</b> WW Bread X2 German Coleslaw Gelatin <u>(Db/Ls (diet Gel))</u> Fresh Fruit Pineapple Tidbits Milk	<b>4</b> <b>Diced Pork/ Sesame Sauce</b> Brown Rice Diced Carrots  <b>Peanut Butter X 3</b> Jelly X 2 <u>Db/Ls – Diet Jelly</u> WW Bread X2 Cucumber Salad Fruit Juice Fresh Fruit Milk
<b>5</b> <b>Cheesy Bake</b> Green Beans <b>Greek Yogurt</b> Oatmeal Muffin Margarine Edamame Corn Salad Fresh Fruit X2 Milk	<b>6</b> <b>Baked Chicken/ Ranchero Sauce</b> Scalloped Potatoes Ca. Veg. Blend  <b>Egg Salad</b> WW Bread X 2 3 Bean Salad Fruit Juice Fresh Fruit Milk	<b>7</b> <b>Beef Stew w/ Root Vegetables</b> Parslied Potatoes Mixed Veggies <b>Peanut Butter X3</b> WW Bread/ Jelly <u>Db/Ls – Diet Jelly</u> Diced Carrot Raisin Salad Fruit Juice Fresh Fruit/ Milk	<b>8</b> <b>Pork Chile Verde</b> Brown Rice Country Veg. Blend  <b>Cottage Cheese</b> WW Bran Muffin Margarine Corn Lentil Salad Tropical Fruit Fresh Fruit Milk	<b>9</b> <b>Salisbury Steak/ Brown Gravy</b> Yukon Potatoes Spinach  <b>Chicken Salad</b> WW Bread X 2 Chickpea Salad. Raisins Fresh Fruit Milk	<b>10</b> <b>Cod Loin/Lemon Butter Sauce</b> Herbed Rice Wax Beans  <b>Swiss Cheese</b> WW Bread X 2 Mayo Coleslaw Fresh Fruit Fruit Juice/ Milk	<b>11</b> <b>Chicken/ Basil Alfredo Sce</b> Penne Pasta Green Peas Diced Carrots <b>Tuna Salad</b> Hawaiian Mac Sld Crackers/ Pudding <u>Db/Ls:Diet Pudding</u> Pineapple Tidbits Fresh Fruit/ 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/ Mild Green Curry Sauce</b> Herbed Rice Capri Veggie Bld.	<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>Greek Yogurt</b> Oatmeal WG Blueberry Muffin Cucumber Salad Pineapple Tidbits Fresh Fruit Milk</p>	<p><b>13 Tuesday</b> <b>Swiss Cheese</b> WW Bread X2 Mayo Kidney Bean Salad Mayo Fruit Juice Fresh Fruit Milk</p>	<p><b>14 Wednesday</b> <b>Cranberry Chicken Salad</b> WW Bread X2 Super Food Slaw Tortilla Taco Sauce Raisin Fresh Fruit Milk</p>	<p><b>15 Thursday</b> <b>Peanut Butter X 3</b> Jelly X2 <u>Db/Ls – diet jelly</u> WW Bread X2 Calif. Veg Salad Fresh Fruit Pineapple Tidbits Milk</p>	<p><b>16 Friday</b> <b>Hard Cooked Eggs X3</b> WW Bread X2 Mayo Chickpea Salad Fresh Fruit Fruit Juice Milk</p>	<p><b>17 Saturday</b> <b>Tuna Mac Salad</b> Crackers X3 Corn Lentil Salad Gelatin <u>(Db/Ls – diet gelatin)</u> Applesauce Fresh Fruit Milk</p>	<p><b>18 Sunday</b> <b>Cottage Cheese</b> WG Muffin Lettuce/ Tomatoes Hamburger Bun Mayonnaise Margarine Peaches Fresh Fruit Milk</p>
<p><b>19</b> <b>Cannellini Bean Cacciatore</b> Quinoa Winter Veg. Blend Green Beans <b>Greek Yogurt</b> Oatmeal WW Muffin Margarine Fruit Juice Fresh Fruit Milk</p>	<p><b>20</b> <b>Baked Chicken/ Cr. Dijon Sauce</b> Whipped Potatoes Brussels Sprouts  <b>Peanut Butter X 3</b> Jelly X 2 WW Bread X2 Super Food Slaw Fresh Fruit Fruit Juice Milk</p>	<p><b>21</b> <b>Spaghetti w/ Meat Sauce</b> Mixed Veggies  <b>Tuna Salad</b> WW Bread X2 Caesar Salad/ Dressing Raisins Fresh Fruit Milk</p>	<p><b>22</b> <b>Pollock/Vera Cruz Sauce</b> Herbed Rice Broccoli  <b>Egg Salad</b> WW Bread X2  German Coleslaw Tropical Fruit Fresh Fruit Milk</p>	<p><b>23</b> <b>Baked Chicken/ Pesto Sauce</b> Rice Pilaf Ca. Veg. Blend  <b>Swiss Cheese</b> WW Bread X2 Mayo Cucumber Salad Fruit Juice Fresh Fruit Milk</p>	<p><b>24</b> <b>Diced Pork/Red Mole Sauce</b> Sp. Rice/Beans Fiesta Veg. Blend  <b>Cottage Cheese</b> WG Muffin/ Marg. Diced Carrot/Lentil Pineapple Tidbits Fresh Fruit <u>(Db/Ls – Diet)</u> Banana/ Milk</p>	<p><b>25</b> <b>Beef Burgundy Stew</b> Yukon Potatoes Green Peas Baby Carrots <b>Cranberry Chicken Salad</b> Pita Bread Pudding <u>(Db/Ls: Diet Pud)</u> Spiced Pears Fresh Fruit/ Milk</p>
<p><b>26 Holiday Delivery</b> <b>Veg. Enchilada Bake</b> Garden Veg Blend X 2 <b>Greek Yogurt</b> Oatmeal WW Muffin Corn/Bean Salad Fruit Cocktail Fresh Fruit/ Milk</p>	<p><b>27</b> <b>Diced Chicken/</b> Thai Curry Coco Sc Rice Whole Kernel Corn Oriental Veg. Blend  <b>Cottage Cheese</b> Bagel Cream Cheese Pineapple Tidbits Fresh Fruit/ Milk</p>	<p><b>28</b> <b>Greek Pastitsio</b> Italian Veg. Blend  <b>Egg Salad</b> WW Bread X2 Tomato/ Cucumber Salad Fruit Juice Fresh Fruit Milk</p>	<p><b>29</b> <b>Diced Pork/ BBQ Sauce</b> Sweet Potatoes Mixed Veggie <b>Chicken Salad</b> WW Bread X2 Broccoli/Cauliflower Salad Raisins Fresh Fruit Milk</p>	<p><b>30Pot. Crusted Fish /Salvadorian Sauce</b> Couscous Broccoli <b>Peanut Butter X 3</b> Jelly X 2 <u>Db/Ls – Diet Jelly</u> WW Bread X2 Tuscan Bean Salad Fruit Cocktail/Gelatin <u>Db/Ls – Diet Gelatin</u> Fresh Fruit/ Milk</p>	<p><b>31</b> <b>Meatloaf/ Brown Gravy</b> Yukon Potatoes Diced Carrots <b>Swiss Cheese</b> WW Bread X2 Mayonnaise Corn &amp; Lentil Salad Fruit Juice Fresh Fruit/ Milk</p>	<p><b>September 1</b> <b>Baked Chicken Breast with Shitake Sauce</b> Curried Lentils Country Veg Blend <b>Tuna Salad</b> WW Bread X2 Carrot Raisin Salad Tropical Fruit Fresh Fruit/ Milk</p>

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