



**December 2019  
Frozen Meal Plan**

**Menu is subject to change without notice**  
MOW Provides 1 serving of Beverage Mix and Milk Daily

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<p><b>2</b> <b>Cannellini Bean Cacciatore</b> Quinoa Winter Veg. Blend Green Beans</p> <p><b>Egg Patty Veg. Sausage Patty</b> WW Engl. Muffin Fresh Fruit Tropical Fruit</p>	<p><b>3</b> <b>Baked Chicken w/ Cr. Dijon Sauce</b> Whipped Potatoes Brussels Sprouts</p> <p><b>Diced Pork/ Sweet Thai Chili Sauce</b> Parslied Br. Rice Capri Veggie Blend Pineapple Tidbits Fresh Fruit</p>	<p><b>4</b> <b>Spaghetti with Meat Sauce</b> Mixed Veggies</p> <p><b>Chicken Wild Rice Soup</b> WW Bread/ Marg. Caesar Salad/ Dressing Fruit Juice Fresh Fruit</p>	<p><b>5</b> <b>Mushroom Frittata</b> Diced Potatoes Garden Veg Blend</p> <p><b>Turkey Florentine w/ Egg Noodles</b> Country Veg. Blend LS Crackers x 3 ½ C Mango Cup Fresh Fruits x 2</p>	<p><b>6</b> <b>California Patty w/ Vegetable Gravy</b> Orzo with Mushroom Ranch Beans Broccoli &amp; Cauliflower <b>Pork Adobo</b> Brown Rice Mixed Vegetables Fresh Fruits x 2 WW Dinner Roll Marg.</p>	<p><b>7</b> <b>Breaded Pollock</b> Quinoa Green Peas</p> <p><b>Chicken Barley Soup</b> Carrot Lentil Salad LS Crackers x3 Fresh Fruits x 2 Tartar Sauce</p>	<p><b>8</b> <b>Chicken with Pesto Sauce</b> Penne Pasta Italian Veg. Blend</p> <p><b>Veggie Omelet</b> Sweet Potatoes Diced Carrots Fresh Fruits x 2 Pudding (Db/Ls-sugar free)</p>
<p><b>9</b> <b>Cheese Ravioli &amp; Marinara Sauce</b> 5-way Veg. Blend Spinach</p> <p><b>Lentil &amp; Veggie Soup</b> WW Dinner Roll Margarine Edamame Corn Salad Fruit Juice Fresh Fruits x 2</p>	<p><b>10</b> <b>Chicken with Poultry Gravy</b> Sweet Potato Wedges Capri Veg. Blend</p> <p><b>Turkey Sausage Patty</b> Oatmeal Pancakes Broccoli &amp; Caulif Syrup / Marg <i>(Db/Ls – diet syrup)</i> Blueberry Muffin Fresh Fruits x 2</p>	<p><b>11</b> <b>Beef &amp; Vegetable Stew</b> Brown Rice Broccoli Cuts Wax Beans</p> <p><b>Chicken Chilaquilles</b> Mixed Vegetables Carrot Raisin Salad Fresh Fruits x 2</p>	<p><b>12</b> <b>Pork Patty with Onion Mushroom Sauce</b> Lemon Orzo Capri Veg Blend</p> <p><b>Asian Beef Casserole Egg Noodles</b> Green Peas 4-Way Veg. Blend Fresh Fruits x 2</p>	<p><b>13</b> <b>Beef Meatballs Sweet &amp; Sour Sauce</b> Quinoa Collard Greens</p> <p><b>Chicken Tomato Spinach Tortellini Soup</b> Garbanzo Salad Low Salt Crackers x3 Fresh Fruits x2</p>	<p><b>14</b> <b>Baked Fish with Riesling Dill Sauce</b> Home Fries Green Beans Diced Carrots</p> <p><b>Eggs a La King</b> Green Peas Coleslaw ½ C Pineapple Fresh Fruits x 2</p>	<p><b>15</b> <b>Chicken with Creamy Garlic Sauce</b> Penne Pasta 5-way Veg. Blend Green Peas</p> <p><b>Beef w/ Spanish Rice</b> Mixed Vegetables Pudding <i>(Db/Ls – diet)</i> Fresh Fruits x 2 Fruit Juice</p>
<p><b>16</b> <b>Macaroni &amp; Cheese</b> Normandy Veg. Blend</p>	<p><b>17</b> <b>Baked Fish with Caper Sauce</b> Confetti Couscous Cauliflower Peas &amp; Carrots</p>	<p><b>18</b> <b>Beef Enchilada Bake</b> Cilantro Brown Rice Garden Veg. Blend</p>	<p><b>19</b> <b>Chicken with Country Gravy</b> Tater Tots 5-Way Veg. Blend</p>	<p><b>20</b> <b>Diced Pork Loin/ Honey Mustard Sauce</b> Sweet Potatoes Spinach</p>	<p><b>21</b> <b>Chicken Curry</b> Brown Rice Oriental Veggie Blend</p>	<p><b>22</b> <b>Beef Patty with Salvadorian Sce.</b> Ranch Beans Broccoli &amp; Cauli Collard Greens</p>

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>16 Monday</b> <b>Turkey Sausage Patties</b> x 3 Pancakes x 2 4-Way Veg Blend Syrup /Margarine <u>Db/Ls – diet syrup</u> Spinach Sld /Drsg Fresh Fruits x 2 Fruit Juice</p>	<p><b>17 Tuesday</b> <b>Swiss Steak w/ French Onion Gravy</b> Egg Noodles Ca. Veg. Blend WW Bread x 1 Margarine Fruit Cup – 1 C Fresh Fruits x 2</p>	<p><b>18 Wednesday</b> <b>Italian Wedding Soup w/Turkey Meatballs</b> WW Dinner Roll Margarine Broccoli Cauliflower Salad Fruit Cup - 1 C Fresh Fruits x 2</p>	<p><b>19 Thursday</b> <b>Egg &amp; Hash Brown Casserole</b> Mixed Vegetables Black Bean &amp; Corn Salad WW English Muffin Margarine Fresh Fruits x 2</p>	<p><b>20 Friday</b> <b>Cauliflower &amp; Cheese</b> Israeli Couscous &amp; Quinoa Blend Brussels Sprouts Fresh Fruits x 2 Fruit Cup ½ C</p>	<p><b>21 Saturday</b> <b>Beef Barley Soup</b> Confetti Corn Salad LS Crackers x3 Fresh Fruits x 2 Chocolate Pudding <u>(Db/Ls – sugar free)</u></p>	<p><b>22 Sunday</b> <b>Diced Chicken w/ Poultry Gravy</b> Veg. Couscous Capri Veg. Blend Diced Carrots Herbed Potato Sld Fruit Juice Fresh Fruits x 2</p>
<p><b>23</b> <b>Baked Fish with Dill Sauce</b> Penne Pasta Lima Beans/ Corn Spinach <b>Chicken &amp; Dumplings</b> Butternut Squash Mixed vegetables LS Crackers x3 Margarine Fruit Cup – ½ C Fresh Fruits x 2</p>	<p><b>24</b> <b>Beef Bulgogi</b> Brown Rice Oriental Veg. Blend Spinach  <b>Cheese Tortellini Basil Pesto Sauce</b> Peas Potato Salad LS Crackers x 3 Margarine Fruit Cup – ½ C Fresh Fruits x 2</p>	<p><b>25 CHRISTMAS</b> <b>Pot Roast w/ Gravy</b> Yukon Potatoes Carrots Veggie Blend <b>Chicken Corn Chowder</b> WW Dinner Roll Margarine Broccoli Cauli Salad Chocolate Pudding <u>(Dbl Ls – sugar free)</u> Fresh Fruits x 2 Fruit Juice</p>	<p><b>26</b> <b>Chicken w/ Ginger Scallion Sauce</b> Potato O'Brien 4-Way Veg. Blend Green Beans  <b>Asian Pork Hash</b> Brown Rice &amp; Vegetables LS Crackers x 3 Margarine Creamy Coleslaw Fresh Fruits x 2</p>	<p><b>27</b> <b>Cheese Omelet</b> Tater Tots Normandy Veg. Blend <b>Baked Fish with Creole Sauce</b> Lemon Orzo California Veg Blend Butternut Squash LS Crackers x 3 Margarine Spinach Salad /Drsg Fresh Fruits x 2</p>	<p><b>28</b> <b>Sweet &amp; Sour Pork</b> Brown Rice Broccoli &amp; Carrots <b>Beef &amp; Cabbage Casserole</b> Mushroom &amp; Pea Orzo WW Roll / Marg Vanilla Pudding <u>(DB – sugar free)</u> Fresh Fruits x 3 Fruit Juice</p>	<p><b>29</b> <b>Beef Stroganoff</b> Egg Noodles Italian Veg. Blend  <b>Three Bean Summer Soup with Spinach</b> LS Crackers x3 Fresh Fruits x 2</p>
<p><b>30</b> <b>Southwest Chili</b> Brown Rice Squash Medley Broccoli  <b>Cream of Chicken and Mushroom Soup</b> LS Crackers x3/ Corn Muffin/ Marg Kale Power Salad Fresh Fruits x 2</p>	<p><b>31</b> <b>Roast Turkey with Poultry Gravy</b> Diced Potatoes Peas &amp; Carrots Ca. Veggie Blend  <b>Cheese &amp; Bell Pepper Frittata</b> O'Brien Potatoes Diced Carrots Fresh Fruits x 2</p>	<p><b>Jan 1 New Year</b> <b>Ham Slice with Gravy</b> Black Eyed Peas Collard Greens Butternut Squash  <b>Chicken Tandoori</b> Cilantro Rice Spinach Fresh Fruits x 2</p>				

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