



**November 2019  
Frozen Meal Plan**

**Menu is subject to change without notice**

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
 <p><b>NOVEMBER 28, 2019</b></p>		<p><b><u>Carbohydrate Rule: If it's white, don't bite</u></b></p> <p>"Bad" Carbs are generally white in color. Think of white flour, white bread and sugar. Avoiding "bad" carbs may reduce your risk of heart disease, type 2 diabetes and weight gain.</p> <p>"Good" carbs comes from fruits, vegetables and whole grains. "Good" carbs keep your blood pressure and blood sugar stable; keep your cholesterol level healthy and weight manageable.</p>		<p><b>1 Baked Chicken Breast/ Pesto Sauce</b> Rice Pilaf Ca. Veg. Blend</p> <p><b>Beef Stroganoff</b> Egg Noodles Green Peas Cucumber Salad Peaches Fresh Fruit/ Milk</p>	<p><b>2 Diced Pork/Red Mole Sauce</b> Sp. Rice/Beans Fiesta Veg. Blend</p> <p><b>Chicken Noodle Soup</b> Crackers Pudding <u>(Db/Ls: Diet Pud)</u> Fruit Juice Diced Apples/ Milk</p>	<p><b>3 Beef Stew</b> Yukon Potatoes Green Peas Baby Carrots</p> <p><b>Breakfast Burrito</b> Sl. Monterey Jack Cheese Tropical Fruit WG Muffin Margarine Canned Fruit/ Milk</p>
		<p><b>4 Veg. Enchilada Bake</b> Garden Veg. Blend Spinach</p> <p><b>Scrambled Eggs</b> O'Brien Potatoes Peaches</p> <p>Tom/Cucumber Salad Muffin Margarine Fresh Fruit/ Milk</p>	<p><b>5 Diced Chicken/ Thai Curry Coco Sc Rice</b> Whole Kernel Corn Oriental Veg. Blend</p> <p><b>Lentil &amp; Garbanzo Bean Soup</b> Crackers <u>Db/Ls – Unsalted</u> Pineapple Tidbits Fresh Fruit Milk</p>	<p><b>6 Greek Pastitsio</b> Italian Veg. Blend</p> <p><b>Turkey Meatballs/ Poultry Gravy</b> Whipped Potatoes Country Veg. Blend WW Bread Margarine Mango Chunks Fresh Fruit Milk</p>	<p><b>7 Diced Pork / BBQ Sauce</b> Sweet Potatoes Collard Greens</p> <p><b>Chicken Vegetable Orzo Soup</b> Crackers <u>Db/Ls – Unsalted</u> Raisins Fresh Fruit Milk</p>	<p><b>8 Pot. Crusted Fish /Salvadorian Sauce</b> Couscous Broccoli</p> <p><b>Diced Chicken/ Zesty Orange Sce</b> Brown Rice Mexican Veggies Pudding/ Fresh Fruit <u>Db/Ls – Diet Pudding</u> Fruit Juice/ Milk</p>
<p><b>11 Southwestern Chili</b> Collard Greens</p>	<p><b>12 Baked Chicken Breast/ Mango BBQ Sauce</b> Sweet Potatoes</p>	<p><b>13 Lasagna Roll</b> Beef Meat Sauce Whole Kernel Corn</p>	<p><b>14 Salmon Patty/ Spiced Pear Chutney</b> Herbed Rice</p>	<p><b>15 Sliced Beef/ Brown Gravy</b> Yukon Potatoes</p>	<p><b>16 Baked Chicken/ Lemon Caper Sauce</b></p>	<p><b>17 Diced Pork/ Sesame Sauce</b> Brown Rice</p>

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<p><b>11 Monday</b> <b>Macaroni &amp; Cheese</b> Broccoli Corn Muffin Margarine Mandarin Oranges Fresh Fruit Milk</p>	<p><b>12 Tuesday</b> <b>Minestrone Soup</b> WW Bread/ Marg. Crackers <u>(Db/Ls – Unsalted)</u> Fruit Juice Fresh Fruit/Milk</p>	<p><b>13 Wednesday</b> <b>Cheese Omelet</b> O'Brien Potatoes Tropical Fruit Tossed Salad/ Ranch Dressing Fresh Fruit Milk</p>	<p><b>14 Thursday</b> <b>Pork Rib Patty/ BBQ Sauce</b> Country Veg. Blend Ranch Beans Bread/ Margarine Fruit Juice Fresh Fruit/ Milk</p>	<p><b>15 Friday</b> <b>Sausage Patty Scrambled Eggs</b> Waffles/ Syrup <u>(Db/Ls-Diet Syrup)</u> Margarine Pineapple Tidbits Cucumber Salad Fresh Fruit/ Milk</p>	<p>O'Brien Potatoes Winter Veggies <b>16 Saturday</b> <b>Beef Barley Soup</b> Corn Muffin/ Marg. Gelatin <u>(Db/Ls (diet Gelatin)</u> Fresh Fruit X2 Milk</p>	<p><b>20 Sunday</b> <b>Baked Chicken/ Basil Alfredo Sce.</b> Penne Pasta Green Peas WW Bread/ Marg. Peaches Fresh Fruit/Milk</p>
<p><b>18</b> <b>Cheesy Bake</b> Green Beans  <b>Cuban Veg. Patty</b> Plantains Capri Veggie Mix  WW Bread Margarine Fresh Fruit Fruit Juice/ Milk</p>	<p><b>19</b> <b>Baked Chicken/ Ranchero Sauce</b> <u>Scalloped Potatoes</u> Ca. Veggie Blend Spinach <b>Scrambled Eggs</b> French Toast Pineapple Tidbits Pancake syrup <u>Db/Ls – Diet Syrup</u> Fresh Fruit Margarine/ Milk</p>	<p><b>20</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</p>	<p><b>21</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</p>	<p><b>22</b> <b>Salisbury Steak/ Brown Gravy</b> Yukon Potatoes Collard Greens  <b>Chicken Enchilada Bake</b> Spanish Rice Fiesta Veg. Blend  Raisins Fresh Fruit Milk</p>	<p><b>23</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</p>	<p><b>24</b> <b>Diced Chicken/ Basil Alfredo Sce</b> Penne Pasta Green Peas  Diced Carrots <b>Broccoli Cheese Soup</b> Corn Muffin/ Marg. Pudding <u>(Db/Ls – diet Pudding.)</u> Fruit/ Juice/ Milk</p>
<p><b>25</b> <b>Veggie Frittata</b> O'Brien Potatoes Tropical Fruit  <b>Quinoa Pepper Bowl</b> Italian Veg. Blend Broccoli  Fresh Fruit Milk</p>	<p><b>26</b> <b>Fish with Riesling Dill Sauce</b> Lemon Orzo Green Peas <b>Salisbury Steak/ Brown Gravy</b> Yukon Potatoes Green Beans WG Muffin Margarine Fruit Juice</p>	<p><b>27 Holiday Delivery</b> <b>Beef Taco</b> Garden Veggie Blend <b>Tortellini Tomato Spinach Soup</b> Crackers <u>Db/Ls- Unsalted</u> Super Food Slaw Tortilla Taco Sauce Raisins</p>	<p><b>28 THANKSGIVING</b> <b>Roast Turkey with Gravy</b> Cornbread Stuffing Peas/Pearl Onions Carrots <b>Beef Meatballs/ Mushroom Gravy</b> Egg Noodles Diced Carrots Pumpkin Pie Cranberry Sauce</p>	<p><b>29</b> <b>Diced Pork/Apricot Honey Sauce</b> Sweet Potatoes Spinach  <b>Chicken Gumbo</b> Brown Rice  Cornbread Margarine Fresh Fruit X 2</p>	<p><b>30</b> <b>Diced Chicken/ Curry Sauce</b> Herbed Rice Capri Veg. Blend <b>Scrambled Eggs</b> Hash Browns Tropical Fruit Carrot Raisin Sld. Gelatin <u>(Db/Ls – Diet Gelatin)</u></p>	<p><b>December 1</b> <b>Hamburger</b> Baked Beans Mixed Veggies <b>Chicken Chilaquilles</b> Squash/Corn/ Tomato Lettuce/ Tomato Hamburger Bun Mayonnaise Fresh Fruit</p>

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	Fresh Fruit/ Milk	Fresh Fruit/ Milk	Fresh Fruit/ Milk	Milk	Fresh Fruit/ Milk	Fruit Juice/ Milk

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