


Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
 <p><b>October 14 is Columbus Day</b></p>	<p><b>1</b> <b>Diced Chicken/</b> Thai Curry Coco Sc Rice 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>2</b> <b>Greek Pastitsio</b> Italian Veg. Blend</p> <p><b>Turkey Meatballs/</b> Poultry Gravy Whipped Potatoes Country Veg. Blend WW Bread Margarine Mango Chunks Fresh Fruit Milk</p>	<p><b>3</b> <b>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>4</b> <b>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>5</b> <b>Meatloaf/ Brown Gravy</b> Yukon Potatoes Diced Carrots</p> <p><b>Pasta Alfredo</b> Green Peas Tropical Fruit Fresh Fruit Milk</p>	<p><b>6 Baked Chicken Breast with Shitake Sauce</b> Curried lentils Country Veg Blend</p> <p><b>Denver Omelet</b> Waffle/ Syrup Mandarin Oranges <u>Db/Ls: Diet Syrup</u> Margarine Diced Carrot Raisin Fresh Fruit/ Milk</p>
<p><b>7</b> <b>Southwestern Chili</b> Collard Greens</p> <p><b>Macaroni &amp; Cheese</b> Broccoli Corn Muffin Margarine Mandarin Oranges Fresh Fruit Milk</p>	<p><b>8</b> <b>Baked Chicken Breast/ Mango BBQ Sauce</b> Sweet Potatoes Mixed Veggies</p> <p><b>Minestrone Soup</b> WW Bread/ Marg. Crackers <u>(Db/Ls – Unsalted)</u> Fruit Juice Fresh Fruit Milk</p>	<p><b>9 Holiday Delivery Lasagna Roll</b> Beef Meat Sauce Whole Kernel Corn Green Beans</p> <p><b>Cheese Omelet</b> O'Brien Potatoes Tropical Fruit Tossed Salad/ Ranch Dressing Fresh Fruit Milk</p>	<p><b>10</b> <b>Salmon Patty/ Spiced Pear Chutney</b> Herbed Rice Spinach</p> <p><b>Pork Rib Patty/ BBQ Sauce</b> Country Veg. Blend Ranch Beans Bread/ Margarine Fruit Juice Fresh Fruit/ Milk</p>	<p><b>11</b> <b>Sliced Beef/ Brown Gravy</b> Yukon Potatoes Capri Veg. blend</p> <p><b>Sausage Patty Scrambled Eggs</b> Waffles/ Syrup <u>(Db/Ls-Diet Syrup)</u> Margarine Pineapple Tidbits Cucumber Salad Fresh Fruit/ Milk</p>	<p><b>12</b> <b>Baked Chicken/ Lemon Caper Sauce</b> O'Brien Potatoes Winter Veggies</p> <p><b>Beef Barley Soup</b> Corn Muffin/ Marg. Gelatin <u>(Db/Ls (diet Gelatin)</u> Fresh Fruit X2 Milk</p>	<p><b>13</b> <b>Diced Pork/ Sesame Sauce</b> Brown Rice Diced Carrots</p> <p><b>Baked Chicken/ Basil Alfredo Sce.</b> Penne Pasta Green Peas WW Bread/ Marg. Peaches Fresh Fruit Milk</p>
<p><b>14 Columbus Day Holiday Cheesy Bake</b> Green Beans</p>	<p><b>15</b> <b>Baked Chicken/ Ranchero Sauce</b> Brown Rice Ca. Veggie Blend Spinach</p>	<p><b>16</b> <b>Beef Stew w/ Root Vegetables</b> Parslied Potatoes Mixed Veggies</p>	<p><b>17</b> <b>Pork Chile Verde</b> Brown Rice Country Veg. Blend</p>	<p><b>18</b> <b>Salisbury Steak/ Brown Gravy</b> Yukon Potatoes Collard Greens</p>	<p><b>19</b> <b>Cod Loin/Lemon Butter Sauce</b> Herbed Rice Wax Beans</p>	<p><b>20</b> <b>Diced Chicken/ Basil Alfredo Sauce</b> Penne Pasta Green Peas</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.

**October 2019  
Frozen Meal Plan**

**Menu is subject to change without notice**

<p><b>14 Monday</b> <b>Cuban Veg. Patty</b> Plantains Capri Veggie Mix</p> <p>WW Bread Margarine Fresh Fruit Fruit Juice/ Milk</p>	<p><b>15 Tuesday</b> <b>Scrambled Eggs</b> French Toast Pineapple Tidbits Pancake syrup <u>Db/Ls – Diet Syrup</u> Fresh Fruit Margarine/ Milk</p>	<p><b>16 Wednesday</b> <b>Tuscan Bean Soup</b> (Shredded Cheese)</p> <p>WW Bread Margarine Tropical Fruit Fresh Fruit Milk</p>	<p><b>17 Thursday</b> <b>Potato Crusted fish</b> Dill Sauce Mixed Veggies</p> <p>Margarine Applesauce Fresh Fruit Milk</p>	<p><b>18 Friday</b> <b>Chicken Enchilada</b> <b>Bake</b> Spanish Rice Fiesta Veg. Blend</p> <p>Raisins Fresh Fruit Milk</p>	<p><b>19 Saturday</b> <b>Sausage Links</b> O'Brien Potatoes Tropical Fruit</p> <p>Coleslaw Fresh Fruit Milk</p>	<p><b>20 Sunday</b> Diced Carrots <b>Broccoli Cheese</b> <b>Soup</b> Corn Muffin/ Marg. Pudding <u>(Db/Ls – diet</u> <u>Pudding)</u> Fruit/ Juice/ Milk</p>
<p><b>21</b> <b>Veggie Frittata</b> O'Brien Potatoes Tropical Fruit</p> <p><b>Quinoa Pepper</b> <b>Bowl</b> Italian Veg. Blend Broccoli</p> <p>Fresh Fruit Milk</p>	<p><b>22</b> <b>Fish with Riesling</b> <b>Dill Sauce</b> Lemon Orzo Green Peas</p> <p><b>Salisbury Steak/</b> Brown Gravy Yukon Potatoes Green Beans WW Muffin Margarine Fruit Juice Fresh Fruit/ Milk</p>	<p><b>23</b> <b>Beef Taco</b> Garden Veggie Blend</p> <p><b>Tortellini Tomato</b> <b>Spinach Soup</b> Crackers <u>Db/Ls- Unsalted</u> Super Food Slaw Tortilla Taco Sauce Raisins Fresh Fruit/ Milk</p>	<p><b>24</b> <b>Chicken/ Pumpkin</b> <b>Seed Mole Sauce</b> Herbed Rice Mixed Veggies</p> <p><b>Beef Meatballs/</b> <b>Mushroom Gravy</b> Egg Noodles Diced Carrots</p> <p>Pineapple Tidbits Fresh Fruit Milk</p>	<p><b>25</b> <b>Diced Pork/Apricot</b> <b>Honey Sauce</b> Sweet Potatoes Spinach</p> <p><b>Chicken Gumbo</b> Brown Rice</p> <p>Cornbread Margarine Fresh Fruit X 2 Milk</p>	<p><b>26</b> <b>Diced Chicken/</b> <b>Curry Sauce</b> Herbed Rice Capri Veg. Blend</p> <p><b>Scrambled Eggs</b> Hash Browns Tropical Fruit Carrot Raisin Sld. Gelatin <u>(Db/Ls – Diet</u> <u>Gelatin)</u> Fresh Fruit/ Milk</p>	<p><b>27</b> <b>Hamburger</b> Baked Beans Mixed Veggies</p> <p><b>Chicken</b> <b>Chilaquiles</b> Squash/Corn/ Tomato Lettuce/ Tomato Hamburger Bun Mayonnaise Fresh Fruit Fruit Juice/ Milk</p>
<p><b>28</b> <b>Cannellini Bean</b> <b>Cacciatore</b> Quinoa Winter Veg. Blend Green Beans <b>Egg Patty</b> <b>Veg. Sausage</b> <b>Patty</b> WW Engl. Muffin Fresh Fruit Tropical Fruit Milk</p>	<p><b>29</b> <b>Baked Chicken/</b> <b>Cr. Dijon Sauce</b> Whipped Potatoes Brussels Sprouts</p> <p><b>Diced Pork/ Sweet</b> <b>Thai Chili Sauce</b> Parslied Br. Rice Capri Veggie Blend Pineapple Tidbits Fresh Fruit Milk</p>	<p><b>30</b> <b>Spaghetti w/ Meat</b> <b>Sauce</b> Mixed Veggies</p> <p><b>Chicken Wild Rice</b> <b>Soup</b> WW Bread/ Marg. Caesar Salad/ Ranch Drsg. Fruit Juice Fresh Fruit/ Milk</p>	<p><b>31</b> <b>Pollock/Vera Cruz</b> <b>Sauce</b> Herbed Rice Broccoli</p> <p><b>Turkey Chili</b> Country Veg. Blend Corn Muffin Crackers Margarine Raisins Fresh Fruit / Milk</p>	<p><b>Nov. 1</b> <b>Baked Chicken</b> <b>Breast/ Pesto</b> <b>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</b> <b>Diced Pork/Red</b> <b>Mole Sauce</b> Sp. Rice/Beans Fiesta Veg. Blend</p> <p><b>Chicken Noodle</b> <b>Soup</b> Crackers Pudding <u>(Db/LsDiet Pud)</u> Fruit Juice Diced Apples/ Milk</p>	<p><b>3</b> <b>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>

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