



**September 2019  
Frozen Meal Plan**

**Menu is subject to change without notice**

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>2 Labor Day Holiday</b> <b>Southwestern Chili</b> Collard Greens  <b>Macaroni &amp; Cheese</b> Broccoli Corn Muffin Margarine Mandarin Oranges Fresh Fruit Milk	<b>3 Baked Chicken Breast/ Mango BBQ Sauce</b> Sweet Potatoes Mixed Veggies  <b>Minestrone Soup</b> WW Bread/ Marg. Crackers <u>(Db/Ls – Unsalted)</u> Fruit Juice Fresh Fruit Milk	<b>4 Lasagna Roll</b> Beef Meat Sauce Whole Kernel Corn Green Beans  <b>Cheese Omelet</b> O'Brien Potatoes Tropical Fruit Tossed Salad/ Ranch Dressing Fresh Fruit Milk	<b>5 Salmon Patty/ Spiced Pear Chutney</b> Herbed Rice Spinach <b>Pork Rib Patty/ BBQ Sauce</b> Country Veg. Blend Ranch Beans Bread/ Margarine Fruit Juice Fresh Fruit/ Milk	<b>6 Sliced Beef/ Brown Gravy</b> Yukon Potatoes Capri Veg. blend <b>Sausage Patty Scrambled Eggs</b> Waffles/ Syrup <u>(Db/Ls-Diet Syrup)</u> Margarine Pineapple Tidbits Cucumber Salad Fresh Fruit/ Milk	<b>7 Baked Chicken/ Lemon Caper Sauce</b> O'Brien Potatoes Winter Veggies <b>Beef Barley Soup</b> Corn Muffin/ Marg. Pudding <u>(Db/Ls (diet pudding))</u> Fresh Fruit X2 Milk	<b>8 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>9 Cheesy Bake</b> Green Beans  <b>Cuban Veg. Patty</b> Plantains Capri Veggie Mix  WW Bread Margarine Fresh Fruit Fruit Juice Milk	<b>10 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>11 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>12 Pork Chile Verde</b> Brown Rice Country Veg. Blend  <b>Potato Crusted fish</b> Dill Sauce Mixed Veggies  Margarine Applesauce Fresh Fruit Milk	<b>13 Salisbury Steak/ Brown Gravy</b> Yukon Potatoes Collard Greens  <b>Chicken Enchilada Bake</b> Spanish Rice Fiesta Veg. Blend  Raisins Fresh Fruit Milk	<b>14 Cod Loin/Lemon Butter Sauce</b> Herbed Rice Wax Beans  <b>Sausage Links</b> O'Brien Potatoes Tropical Fruit  Coleslaw Fresh Fruit Milk	<b>15 Diced Chicken/ Basil Alfredo Sauce</b> Penne Pasta Green Peas Diced Carrots <b>Broccoli Cheese Soup</b> Corn Muffin/ Marg. Gelatin <u>(Db/Ls – diet Gel.)</u> Fresh Fruit/ Juice Milk
<b>16 Veggie Frittata</b> O'Brien Potatoes Tropical Fruit	<b>17 Fish with Riesling Dill Sauce</b> Lemon Orzo Green Peas	<b>18 Beef Taco</b> Garden Veggie Blend	<b>19 Chicken/ Pumpkin Seed Mole Sauce</b> Herbed Rice Mixed Veggies	<b>20 Diced Pork/Apricot Honey Sauce</b> Sweet Potatoes Spinach	<b>21 Diced Chicken/ Curry Sauce</b> Herbed Rice Capri Veg. Blend	<b>22 Hamburger</b> Baked Beans Mixed Veggies

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<p><b>16 Monday</b> <b>Quinoa Pepper Bowl</b> Italian Veg. Blend Broccoli</p> <p>Fresh Fruit Milk</p>	<p><b>17 Tuesday</b> <b>Salisbury Steak/</b> Brown Gravy Yukon Potatoes Green Beans WW Muffin Margarine Fruit Juice Fresh Fruit/ Milk</p>	<p><b>18 Wednesday</b> <b>Tortellini Tomato Spinach Soup</b> Crackers <u>Db/Ls- Unsalted</u> Super Food Slaw Tortilla Taco Sauce Raisins Fresh Fruit/ Milk</p>	<p><b>19 Thursday</b> <b>Beef Meatballs/ Br. Butter Sauce</b> Egg Noodles Diced Carrots</p> <p>Pineapple Tidbits Fresh Fruit Milk</p>	<p><b>20 Friday</b> <b>Chicken Gumbo</b> Brown Rice</p> <p>Cornbread Margarine Fresh Fruit X 2 Milk</p>	<p><b>21 Saturday</b> <b>Scrambled Eggs</b> Hash Browns Tropical Fruit</p> <p>Carrot Raisin Sld. Pudding <u>(Db/Ls – Diet Pudding)</u> Fresh Fruit/ Milk</p>	<p><b>22 Sunday</b> <b>Chicken Chilaquilles</b> Squash/Corn/ Tomato Lettuce/ Tomato Hamburger Bun Mayonnaise Fresh Fruit Fruit Juice/ Milk</p>
<p><b>23</b> <b>Cannellini Bean Cacciatore</b> Quinoa Winter Veg. Blend Green Beans <b>Egg Patty Veg. Sausage Patty</b> WW Engl. Muffin Fresh Fruit Tropical Fruit Milk</p>	<p><b>24</b> <b>Baked Chicken/ 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 Milk</p>	<p><b>25</b> <b>Spaghetti w/ Meat Sauce</b> Mixed Veggies</p> <p><b>Chicken Wild Rice Soup</b> WW Bread/ Marg. Caesar Salad/ Ranch Drsg. Fruit Juice Fresh Fruit/ Milk</p>	<p><b>26</b> <b>Pollock/Vera Cruz 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>27</b> <b>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>28</b> <b>Diced Pork/Red Mole Sauce</b> Sp. Rice/Beans Fiesta Veg. Blend</p> <p><b>Chicken Noodle Soup</b> Crackers Gelatin <u>(Db/LsDiet Gelatin)</u> Fruit Juice Diced Apples/ Milk</p>	<p><b>29</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>
<p><b>30</b> <b>Veg. Enchilada Bake</b> Garden Veg Blend Spinach</p> <p><b>Scrambled Eggs</b> O'Brien Potatoes Peaches Tom/Cucumber Muffin margarine Fresh Fruit/ Milk</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 <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>

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