



February 2019 Frozen Meal Plan


**Menu is subject to change without notice
All meals include a napkin and beverage mix**

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Exercise and Osteoporosis Osteoporosis is a disease that weakens bones to the point where they break easily—most often in the hip, spine, and wrist. It is often called the “silent disease” because you may not notice any changes until a bone breaks. Things you can do at any age to prevent weakened bones: <ul style="list-style-type: none"> •Eat foods rich in calcium (milk, cheese, canned fish, dark green leafy vegetables) and vitamin D (eggs, fatty fish, fortified cereals and juices) •Include regular weight-bearing exercise in your lifestyle (walking jogging and dancing) Try some strengthening and balance exercises too. They may help you avoid falls which can cause broken bones. •Stop smoking. Smoking increases loss of bone mass. •Limit how much alcohol you drink. <i>Source: Nat'l Inst. on Aging</i>				1 Salmon Patty /Dill Sauce Sweet Potatoes Mixed Veggies Chicken/Wild Rice Soup Crackers Coleslaw Tropical Fruit Fresh Fruit Milk	2 Pork Loin/Cherry Sauce Yukon Potatoes Green Peas WW Spaghetti with Beef Sauce Succotash WW Bread Margarine Raisins Fresh Fruit/ Milk	3 Beef Stroganoff Egg Noodles Green Beans Cauliflower Chicken Patty Waffle Pancake Syrup <u>Db/Ls –Diet Syrup</u> Mandarin Oranges Margarine Fresh Fruit Milk
4 Vegetarian Chili Cornbread Collard Greens Macaroni & Cheese Broccoli Mandarin Oranges Fresh Fruit Milk	5 Baked Chicken Breast Mango BBQ Sauce Sweet Potatoes Mixed Veggies Minestrone Soup WW Bread Crackers <u>(Db/Ls – Unsalted)</u> Margarine Fruit Juice Fresh Fruit Milk	6 Triple Stack Lasagna Beef Meat Sauce WK Corn Green Beans Cheese Omelet O'Brien Potatoes Tropical fruit Tossed Salad/ Dressing Fresh Fruit Milk	7 Salmon Patty/ Spiced Pear Chutney Herbed Rice Spinach Pork Rib Patty/ BBQ Sauce Country Veg. Blend Ranch Beans WW Bread Margarine Fruit Juice Fresh Fruit/ Milk	8 Beef Brisket/Brown Gravy Yukon Potatoes Capri Veg. blend Sausage Patty Scrambled Eggs Waffles Syrup <u>Db/Ls-Diet Syrup</u> Cucumber Salad Pineapple Tidbits Margarine Fresh Fruit Milk	9 Baked Chicken/ Lemon Caper Sauce O'Brien Potatoes Winter Veggies Beef Barley Soup Cornbread Margarine Pudding <u>(Db/Ls (diet pudding)</u> Fresh Fruit Fruit Juice Milk	10 Diced Pork/ Sesame Sauce Brown Rice Diced Carrots Baked Chicken/ Basil Alfredo Sce Penne Pasta Green Peas WW Bread Margarine Peaches Fresh Fruit Milk
11 Cheesy Bake Green Beans	12 Baked Chicken/ Ranchero Sauce Scalloped Potatoes Ca. Veg. Blend	13 Holiday Delivery Beef Stew w/ Root Vegetables Parslied Potatoes Mixed Veggies	14 Pork Chile Verde Brown Rice Country Veg. Blend	15 Salisbury Steak/ Brown Gravy Yukon Potatoes Collard Greens	16 Cod Loin/Lemon Butter Sauce Herbed Rice Waxed Beans	17 Chicken with Basil Alfredo Sauce Penne Pasta

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>11 Monday Cuban Veg. Patty Plantains Capri Veggie WW Bread Margarine Fresh Fruit Fruit Juice Milk</p>	<p>12 Tuesday Scrambled Eggs French Toast Pineapple Tidbits 3 Bean Salad Pancake syrup <u>Db/Ls – Diet Syrup</u> <u>Fresh Fruit</u> Margarine Milk</p>	<p>13 Wednesday Tuscan Bean Soup (Shredded Cheese) WW Bread Margarine Tropical Fruit Fresh Fruit Milk</p>	<p>14 Thursday Potato Crusted Fish/ Dill Sauce Lemon Orzo Mixed Veggies Cinnamon Applesauce Fresh Fruit Milk</p>	<p>15 Friday Chicken Enchilada Bake Spanish Rice Fiesta Veg. Blend Raisins Fresh Fruit Milk</p>	<p>16 Saturday Sausage Links O'Brien Potatoes Tropical Fruit Coleslaw Fresh Fruit Milk</p>	<p>Green Peas Diced Carrots 17 Sunday Broccoli Cheese Soup Cornbread Margarine/ Milk Gelatin <u>(Db/Ls – diet gel.)</u> Fresh Fruit/ Juice</p>
<p>18 President's Day Holiday Veggie Frittata O'Brien Potatoes Tropical Fruit Gnocchi Alfredo Italian Veg. Blend Broccoli Fresh Fruit Milk</p>	<p>19 Baked Pollock/ Dill Sauce Lemon Orzo Green Peas Salisbury Steak/ Brown Gravy Yukon Potatoes Green Beans WW Muffin Margarine Fresh Fruit/Frt Jc. Milk</p>	<p>20 Beef Taco Garden Veggie Blend Tortellini Tomato Spinach Soup Tortilla/Taco Sauce Crackers <u>Db/Ls- unsalted</u> Super Food Slaw Raisins Fresh Fruit Milk</p>	<p>21 Chicken/ Pumpkin Seed Mole Sauce Herbed Rice Mixed Veggies Beef Meatballs/ Br. Butter Sauce Egg Noodles Diced Carrots Pineapple Tidbits Fresh Fruit Milk</p>	<p>22 Diced Pork/Apricot Honey Sauce Sweet Potatoes Spinach Chicken Gumbo Brown Rice Cornbread Margarine Fresh Fruit X 2 Milk</p>	<p>23 Diced Chicken/ Mild Green Curry Sauce Herbed Rice Capri Veggie Blend Scrambled Eggs Hash Brown Tropical Fruit Carrot Raisin Salad Pudding <u>(Db/Ls – diet pud.)</u> Fresh Fruit/ Milk</p>	<p>24 Hamburger Baked Beans Mixed Veggies Chicken Chilaquilles Squash/Corn/Tom. Lettuce/Tomatoes Hamburger Bun Mayo Fruit Juice Fresh Fruit Milk</p>
<p>25 Cannellini Bean Cacciatore Quinoa Winter Veg. Blend Green Beans Egg Patty Veg. Sausage Patty English Muffin Tropical Fruit Fresh Fruit Milk</p>	<p>26 Baked Chicken/ Cr. Dijon Sauce Whipped Potatoes Brussels Sprouts Diced Pork/ Sweet Thai Chili Sauce Parslied Br. Rice Capri Veg. Blend Pineapple Tidbits Fresh Fruit Milk</p>	<p>27 Spaghetti w/ Meat Sauce Mixed Veggies Chicken Wild Rice Soup WW Bread Margarine Caesar Salad/Drsg Fruit Juice Fresh Fruit Milk</p>	<p>28 Pollock/Vera Cruz Sauce Herbed Rice Broccoli Turkey Chili Country Veggies Crackers Cornbread/ Marg. Raisins Fresh Fruit Milk</p>	<div align="center">  <p>HAPPY VALENTINE'S DAY - February 14</p> </div>		

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