



January 2022 to April 2022

Please Note – Menu items are subject to change without notice due to availability

MOWSF provides 1 serving of Beverage Mix, Milk and 2 Fruits Daily. Condiments & Juices are not listed

415-920-1111 | MOWSF.ORG

Frozen Meal Plan

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Jan 16, Feb 20, Mar 27	Jan 17, Feb 21, Mar 28	Jan 18, Feb 22, Mar 29	Jan 19, Feb 23, Mar 30	Jan 20, Feb 24, Mar 31	Jan 21, Feb 25, Apr 1	Jan 22, Feb 26, Apr 2
<p>Cheese Ravioli with Marinara Sauce and Meatballs with Italian Vegetables, and a Greek Yogurt</p> <p>Local Pasture Raised Pork with Ginger Scallion Sauce and White Rice, Spinach and Mixed Vegetables</p>	<p>Chicken Mole with Spanish Rice, Kale, Black Beans and Sour Cream</p> <p>Pepper & Cheddar Cheese Omelette, Skillet Browned Potatoes, Garden Vegetables</p>	<p>Chicken Parmesan with Marinara Sauce, Radiatore Pasta, Italian Vegetables and Brussels Sprouts</p> <p>Butternut Squash Soup, Broccoli Edamame Salad and a Cottage Cheese</p>	<p>Scrambled Egg & Cheese Omelette with Enchilada Sauce, Skillet Browned Potatoes and Mixed Seasonal Vegetables</p> <p>Masala Curried Beef with Rice Pilaf, Collard Greens and Sunshine Carrots</p>	<p>Breaded Fish Filet with Mashed Potatoes, Minted Peas and Tartar Sauce</p> <p>Sherri Lynn's Chicken Black Bean Soup with Cheddar Cheese and Santa Fe Salad</p>	<p>Pasture Raised Pork Jambalaya on Spanish Rice with Collard Greens and a Corn Muffin</p> <p>Southwest Vegetarian Chili with Cheddar Cheese on Brown Rice and Spinach</p>	<p>Thai Curried Chicken on Brown Rice with Kale and Far East Vegetables</p> <p>'Stir Fry' Marin Beef and Broccoli with Crimini Mushrooms on Jasmine Rice, and a Pudding **</p>
Jan 23, Feb 27, Apr 3	Jan 24, Feb 28, Apr 4	Jan 25, Mar 1, Apr 5	Jan 26, Mar 2, Apr 6	Jan 27, Mar 3, Apr 7	Jan 28, Mar 4, Apr 8	Jan 29, Mar 5, Apr 9
<p>Vegetarian 'Beef' Tagine on Morrocan Couscous with Peas & Carrots</p> <p>Barbequed Locally Raised Pork with Sweet Potatoes, Seasonal Vegetables and a Corn Muffin</p>	<p>Breaded Chicken breast with Roasted Garlic Cream Sauce on Kale and Farro with Seasonal Vegetables</p> <p>Scrambled Egg Omelette with Turkey Sausage and Mixed Vegetables</p>	<p>Chicken Enchilada with Sour Cream and Fajita Mixed Vegetables</p> <p>Broccoli Cheese Soup, Side Salad and Banana Muffin</p>	<p>Scrambled Egg and Bacon Omelette with Roasted Potatoes and Garden Vegetables</p> <p>Chicken Florentine on Radiatore Pasta with Brussels Sprouts and Zucchini, and a Greek Yogurt</p>	<p>Chili Colorado made with Pasture Raised Beef served with Spanish Rice, Refried Beans, Sunshine Carrots and Sour Cream</p> <p>Home Style Chicken Noodle Soup and Capri Vegetables</p>	<p>Baked Cod with Dill Sauce served on Quinoa and Collard Greens with Garden Vegetables and a Muffin</p> <p>Pork Stroganoff with Rigatoni Pasta, Italian Vegetables and Kale</p>	<p>Teriyaki Chicken with Brown Rice, Spinach and Eastern Mixed Vegetables</p> <p>Salisbury Steak with Onion Mushroom Gravy, Mashed Potatoes and Brussel Sprouts</p>
Jan 30, Mar 6, Apr 10	Jan 31, Mar 7, Apr 11	Feb 1, Mar 8, Apr 12	Feb 2, Mar 9, Apr 13	Feb 3, Mar 10, Apr 14	Feb 4, Mar 11, Apr 15	Feb 5, Mar 12, Apr 16
<p>Shrimp and Chicken Fried Rice with West Coast Vegetables</p> <p>Minestrone Soup with Marin Beef and Ditalini Pasta</p>	<p>Japanese Curried Chicken and Vegetables with White Rice and Brussels Sprouts, and a Greek Yogurt</p> <p>Oatmeal with Fruit Compote, Scrambled Eggs & Turkey Sausage and Garden Vegetable Salad</p>	<p>Chilaquiles with Tortilla Chips, Chicken and Garden Vegetables Smothered in Enchilada Sauce</p> <p>Locally Raised Pork served with Chile Verde, White Rice, Black Beans, Spinach and Baja Vegetables, garnish with Sour Cream</p>	<p>Mushroom and Cheese Omelette with Turkey Sausage, Roasted Potatoes and Fajita Vegetables</p> <p>Shepherd's Pie Made with Local Beef, Mashed Potatoes and Covered with Mushroom Gravy, Capri Vegetables, Pudding**</p>	<p>Potato Crusted Fish Filet with Roasted Garlic Cream on Rice Pilaf Green Beans and Mixed Vegetables</p> <p>Curried Carrot Soup with Bacon Crumbles and Three Bean Salad</p>	<p>Locally Raised Beef and White Bean Ragu with Carrots and Kale</p> <p>Chicken Marinara on Bow Tie Pasta with Italian Vegetables and Brussels Sprouts</p>	<p>Marin Pork with Dijon Mustard Sauce, Roasted Potatoes, Spinach & Capri Vegetables</p> <p>Hungarian Beef Goulash with Spaetzle and Collard Greens</p>



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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Feb 6, Mar 13, Apr 17	Feb 7, Mar 14, Apr 18	Feb 8, Mar 15, Apr 19	Feb 9, Mar 16, Apr 20	Feb 10, Mar 17, Apr 21	Feb 11, Mar 18, Apr 22	Feb 12, Mar 19, Apr 23
Creamy Shrimp Alfredo with Parmesan Cheese on Penne Pasta with Broccoli Chicken Chow Mein with Spinach and Eastern Mixed Vegetables	Local Beef and Garden Vegetable Stew with West Coast Vegetables, Collard Greens and a Dinner Roll French Toast with Fruit Compote and Scrambled Eggs	Chicken Adobo on Egg Noodles with Garden Vegetables and Brussels Sprouts Cod Creole with Farro and Broccoli Florets, Corn Muffin	Omelette with Bacon, Sweet Potatoes and Winter Vegetables Chicken and Vegetable Gumbo on Brown Rice with Collard Greens and Garden Vegetables, Cottage Cheese	Meatloaf with Onion Mushroom Gravy, Mashed Potatoes, Carrots and Broccoli Creamy Potato Soup with Chicken, Collard Greens and Cheddar Cheese, Three Bean Salad	Macaroni and Cheese with Spinach and Country Vegetables Locally Raised Beef with Burgundy Sauce on Mashed Potatoes Broccoli Cauliflower Salad and a Greek Yogurt	Baked Cod with Tuscan Vegetable Vinaigrette, Yellow Corn Polenta, Capri Vegetables and Kale, Pudding** Cheese Tortellini and Meatballs with Pesto Sauce and Italian Vegetables
Feb 13, Mar 20, Apr 24	Feb 14, Mar 21, Apr 25	Feb 15, Mar 22, Apr 26	Feb 16, Mar 23, Apr 27	Feb 17, Mar 24, Apr 28	Feb 18, Mar 25, Apr 29	Feb 19, Mar 26, Apr 30
Southwest Chicken with Rice, Refried Beans, Fajita Vegetables and Sour Cream Soy & Citrus Glazed Pasture Raised Pork with Cilantro Brown Rice and West Coast Vegetables	Chicken with Moroccan Spiced Spinach & Lentils on Rice Pilaf, and a Greek Yogurt Cheddar Cheese Omelette with Hashed Brown Potatoes and Country Vegetables	Salmon with Lemon Caper Sauce, Quinoa, Collard Greens and Tuscan Vegetables Cream of Chicken and Mushroom Soup, Edamame Carrot Salad	Scrambled Eggs with Cheddar Cheese, Roasted Potatoes, Garden Vegetables and a Muffin Beef Teriyaki with Egg Noodles, Broccoli and Country Vegetables	Savory Tomato Pork on Brown Rice with Spinach and Country Vegetables New England Clam Chowder with Oyster Crackers and a Side Salad	Ratatouille with Shrimp, Chicken and White Beans, Greek Yogurt Roast Chicken with Savory Gravy, Mashed Potatoes and Santa Fe Vegetables	Mandarin Orange Chicken with Chow Mein Noodles, Spinach and Eastern Mixed Vegetables Beef Marsala with Green Pea Pilaf and Sunshine Carrots

Would you like to speak to a registered dietitian nutritionist?

Our registered dietitians are food and nutrition experts and would be happy to discuss how food can improve your health and well-being.

Our dietitians Nancy, Charles, and Carolyn are available Monday to Friday from 9:00AM to 4:00PM. Call them at 415-920-1111.

Information on the Daily Beverage Mix Packet:

Did you know the white drink packet with your meals contains vitamins and minerals?

This sugar-free powdered drink mix contains the following % Daily Value:

- 25% Calcium, 100% Vitamin C, 35% Vitamin B12, 23% Vitamin D3, 50% Vitamin E



Clients on a Mechanical Soft Diet will receive diced or ground meat and soft fruits in place of whole proteins and whole fruits. This diet also meets the standards of a Low Sodium/Diabetic Diet.

Our menu meets 2/3 dietary reference intake DRI for all target nutrients except for Magnesium and Potassium. MOWSF dietitians will provide nutrition education handout to ensure you are meeting your daily Magnesium and Potassium needs. MOWSF would like to thank the Department of Disability and Aging Service of the City and County of San Francisco for their generous support of our program.

*Diabetic/Low Sodium Diet – Low Sodium

** Diabetic/Low Sodium Diet – Sugar Free