



**December 2019
Hot/Chilled Meal Plan**

**Menu is subject to change without notice
MOW provides a serving of Beverage Mix and Milk Daily**

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
2 Cannellini Bean Cacciatore Quinoa Winter Veg. Blend Green Beans Greek Yogurt Oatmeal Muffin Margarine Fresh Fruits Fruit Juice	3 Baked Chicken/ Cr. Dijon Sauce Whipped Potatoes Brussels Sprouts Peanut Butter X 3 Grape Jelly x 2 <u>Db/Ls – Diet jelly</u> Super Food Slaw WW Bread X 2 Fresh Fruit Fruit Juice	4 Spaghetti w/ Meat Sauce Mixed Veggies Tuna Salad WW Bread x 2 Margarine Caesar Salad/ Dressing Raisins Fresh Fruits	5 Mushroom Frittata Diced Potatoes Garden Veg Blend Cottage Cheese Dinner Rolls Margarine Lentil Salad LS Crackers Fresh Fruits (x2)	6 California Patty Vegetable Gravy Orzo with Mushroom Ranch Beans Broccoli & Cauliflower Egg Salad Bean Carrot Salad Wheat Bread X2 Fresh Fruits (x2)	7 Breaded Pollock Quinoa Green Peas Chicken Salad Carrot Raisin Salad WW Bread X 2 Tartar Sauce Fresh Fruit X 2	8 Chicken with Pesto Sauce Penne Pasta Italian Veg. Blend Swiss Cheese Three Bean Salad WW Bread X 2 Mayonnaise Fresh Fruit (x2) Fruit Cup – 1/2 C
9 Cheese Ravioli with Marinara Sauce 5-way Veg. Blend Spinach Greek Yogurt Oatmeal WW Bran Muffin Margarine Fresh Fruit (x2) Fruit Cup - 1/2 C	10 Chicken w/ Poultry Gravy Sweet Potato Wedges Capri Veg. Blend Swiss Cheese Kidney Bean Salad WW Bread X 2 Mayonnaise LS Crackers Margarine Fresh Fruit (x2)	11 Beef & Vegetable Stew Brown Rice Broccoli Cuts Wax Beans Peanut Butter X 3 Carrot Raisin Salad WW Bread x 2 Grape Jelly X 2 Fresh Fruit (x2)	12 Pork Patty with Onion Mushroom Sauce Lemon Orzo Capri Veg Blend Hard Cooked Egg WW Bread X 2 Mayonnaise Tomato & Cucumber Salad/ Dressing Fresh Fruit (x2) Fruit Cup – 1/2 C	13 Beef Meatballs with Sweet & Sour Sauce Quinoa Collard Greens Chicken Salad Garbanzo Salad WW Bread X 2 Fresh Fruit (x2)	14 Baked Fish w/ Riesling Dill Sauce Home Fries Green Beans Diced Carrots Egg Salad WW Bread X 2 Creamy Coleslaw LS Crackers Margarine Fresh Fruit (x2) Fruit Cup – 1/2 C	15 Chicken w/ Creamy Garlic Sauce Penne Pasta 5-way Veg. Blend Green Peas Tuna Salad WW Bread X 2 Chocolate Pudding <u>Db/Ls – Diet Pudding</u> Fresh Fruit (x2)
16 Macaroni & Cheese Normandy Veggie Blend	17 Baked Fish with Caper Sauce Confetti Couscous Cauliflower Peas & Carrots	18 Beef Enchilada Bake Cilantro Brown Rice Garden Veg. Blend	19 Chicken with Country Gravy Tater Tots 5-Way Veg. Blend	20 Diced Pork Loin/ Honey Mustard Sauce Sweet Potatoes Spinach	21 Chicken Curry Brown Rice Oriental Veggie Blend	22 Beef Patty with Salvadorian Sce. Ranch Beans Broccoli & Cauli Collard Greens

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>16 Monday Greek Yogurt Oatmeal English Muffin Diced Carrot Raisin Salad Margarine Fresh Fruits (x2)</p>	<p>17 Tuesday Swiss Cheese WW Bread X 2 Mayonnaise Herbed Potato Salad LS Crackers Margarine Fresh Fruits (x2)</p>	<p>18 Wednesday Chicken Salad Mixed Vegetable Salad/ Dressing WW Bread X 2 Fresh Fruits (x1) Fruit Juice</p>	<p>19 Thursday Egg Salad WW Bread X 2 Black Bean/Corn Salad Fresh Fruits (x2)</p>	<p>20 Friday Peanut Butter X3 Grape Jelly X2 Corn Salad WW Bread X 2 Fresh Fruit (x2)</p>	<p>21 Saturday Tuna Mac Salad LS Crackers (3 pkg) Confetti Corn Salad Fresh Fruits (x 1) Fruit Juice</p>	<p>22 Sunday Cottage Cheese Bran Muffin Margarine Vanilla Pudding <u>Db/Ls: Diet Pudding</u> Fresh Fruits (x2)</p>
<p>23 Baked Fish with Dill Sauce Penne Pasta Lima Beans/ Corn Spinach</p> <p>Greek Yogurt Oatmeal Bran Muffin Margarine Fresh Fruits (x2)</p>	<p>24 Beef Bulgogi Brown Rice Oriental Veg. Blend Spinach</p> <p>Swiss Cheese Broccoli Cauliflower Salad WW Bread X 2 Mayonnaise Fresh Fruits (x2) Fruit Juice</p>	<p>25 CHRISTMAS Pot Roast w/ Gravy Yukon Potatoes Carrots Veggie Blend</p> <p>Chicken Salad Dinner Roll Margarine 3 Bean Salad Chocolate Pudding <u>(Db/Ls-diet pudding)</u> Fresh Fruits (x2) Fruit Cup ½ C</p>	<p>26 Chicken w/ Ginger Scallion Sauce Potatoes O'Brien 4-Way Veg. Blend Green Beans</p> <p>Tuna Salad Carrot Bean Salad WW Bread X 2 Fresh Fruits (x2)</p>	<p>27 Cheese Omelet Tater Tots Normandy Veg. Blend</p> <p>Cottage Cheese English Muffin Margarine Tossed Salad/ Dressing Fresh Fruits x 2</p>	<p>28 Sweet & Sour Pork Brown Rice Broccoli & Carrots</p> <p>Peanut Butter X3 Grape Jelly X2 WW Bread X2 Lentil Salad Fresh Fruits (x1) Fruit Juice</p>	<p>29 Beef Stroganoff Egg Noodles Italian Veg. Blend</p> <p>Egg Salad WW Bread X2 Vanilla Pudding – <u>(Db/Ls – Diet Pudding)</u> Garbanzo Salad Fresh Fruit (x2)</p>
<p>30 Southwest Chili Brown Rice Squash Medley Broccoli</p> <p>Greek Yogurt Oatmeal Corn Muffin Margarine Diced Carrot Salad Fresh Fruits (x2)</p>	<p>31 Roast Turkey with Poultry Gravy Diced Potatoes Peas and Carrots Ca. Vegie Blend</p> <p>Cottage Cheese English Muffin Margarine S Salad Fruit Cup – ½ C Fresh Fruits (x2)</p>	<p>Jan 1 New Year Ham Slice/ Gravy Black Eyed Peas Collard Greens Butternut Squash</p> <p>Egg Salad WW Bread X 2 Fresh Fruits (x2) Fruit Juice</p>				

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