



**November 2019  
Hot/Chilled Meal Plan**

**Menu is subject to change without notice**

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
		<p><b><u>Carbohydrate Rule: If it's white, don't bite</u></b></p> <p>"Bad" Carbs are generally white in color. Think of white flour, white bread and sugar. Avoiding "bad" carbs may reduce your risk of heart disease, type 2 diabetes and weight gain.</p> <p>"Good" carbs comes from fruits, vegetables and whole grains. "Good" carbs keep your blood pressure and blood sugar stable; keep your cholesterol level healthy and weight manageable.</p>		<p><b>1</b> <b>Baked Chicken Breast/ Pesto Sce</b> Rice Pilaf Ca. Veg. Blend</p> <p><b>Egg Salad</b> WW Bread X2 Cucumber Salad Fresh Fruit Fruit Juice Milk</p>	<p><b>2</b> <b>Diced Pork/Red Mole Sauce</b> Sp. Rice/Beans Fiesta Veg. Blend <b>Cottage Cheese</b> WG Muffin/ Marg. Diced Carrot/Lentil Pudding <i>(Db/Ls – Diet Pud.)</i> Banana P/A Tidbits Milk</p>	<p><b>3</b> <b>Beef Stew</b> Yukon Potatoes Green Peas Baby Carrots</p> <p><b>Cranberry Chicken Salad</b> Pita Bread Spiced Pears Fresh Fruit Milk</p>
		<p><b>4</b> <b>Veg. Enchilada Bake</b> Garden Veg. Blend</p> <p><b>Greek Yogurt</b> Oatmeal WG Bran Muffin Margarine Corn and Bean Salad Fruit Cocktail Pears Milk</p>	<p><b>5</b> <b>Diced Chicken Thai Curry Veg Coco Sauce</b> Rice Whole Kernel Corn Oriental Vegetable Blend</p> <p><b>Cottage Cheese</b> Bagel Cream Cheese Pineapple Tidbits Fresh Fruit Milk</p>	<p><b>6</b> <b>Greek Pastitsio</b> Italian Veg. Blend Milk</p> <p><b>Egg Salad</b> WW Bread x2 Tomato Cucumber Salad Fruit Juice Fresh Fruit Milk</p>	<p><b>7</b> <b>Diced Pork BBQ Sauce</b> Sweet Potatoes Collard Greens</p> <p><b>Chicken Salad</b> WW Bread x2 Broc. Cauliflower Salad Raisins Fresh Fruit Milk</p>	<p><b>8</b> <b>Potato Crusted Fish Salvadorian Sauce</b> Couscous Broccoli</p> <p><b>Peanut Butter x3</b> Jelly x2 <i>(Db/Ls – Diet Jelly)</i> WW Bread X2 Tuscan Bean Salad Fr. Cocktail Gelatin <i>(Db/Ls – Diet Gelatin)</i> Fresh Fruit Milk</p>
<p><b>11</b> <b>Southwestern Chili</b> Collard Greens</p>	<p><b>12</b> <b>Baked Chicken Breast/ Mango BBQ Sauce</b> Sweet Potatoes Mixed Veggies</p>	<p><b>13</b> <b>Lasagna Roll</b> Beef Meat Sauce Whole Kernel Corn Green Beans</p>	<p><b>14</b> <b>Salmon Patty Spiced Pear Chutney</b> Herbed Rice Spinach</p>	<p><b>15</b> <b>Sliced Beef Brown Gravy</b> Yukon Potatoes Capri Veg. Blend</p>	<p><b>16</b> <b>Baked Chicken Lemon Caper Sce</b> O'Brien Potatoes Winter Veg. Blend</p>	<p><b>17</b> <b>Diced Pork Sesame Sauce</b> Brown Rice Diced Carrots</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.

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<p><b>11 Monday</b> <b>Greek Yogurt</b> Oatmeal Corn Muffin Carrot/Corn Salad Margarine Fresh Fruit Peaches Milk</p>	<p><b>12 Tuesday</b> <b>Swiss Cheese</b> WW Bread x2 Mayonnaise 3 Bean Salad Fruit Juice Fresh Fruit Milk</p>	<p><b>13 Wednesday</b> <b>Hard Ckd Eggs x3</b> WW Bread x2 Mayonnaise Herbed Potato Salad Raisins Fresh Fruit Milk</p>	<p><b>14 Thursday</b> <b>Chicken Salad</b> Pita Bread Lentil and Carrot Salad Mandarin Oranges Fresh Fruit Milk</p>	<p><b>15 Friday</b> <b>Cheddar Cheese</b> WW Bread x2 Mayo Tuscan Bean Salad Fruit Juice Fresh Fruit Milk</p>	<p><b>16 Saturday</b> <b>Egg Salad</b> WW Bread German Coleslaw Pudding <u>(Db/Ls: Diet Pud)</u> Pineapple Tidbits Fresh Fruit Milk</p>	<p><b>17 Sunday</b> <b>Peanut Butter x3</b> Jelly X2 Cucumber Salad WW Bread X2 Fruit Juice Fresh Fruit Milk</p>
<p><b>18</b> <b>Cheesy Bake</b> Green Beans  <b>Greek Yogurt</b> Oatmeal Muffin Margarine Edamame Corn Salad Fresh Fruit x2 Milk</p>	<p><b>19</b> <b>Baked Chicken/ Ranchero Sauce</b> Scalloped Potatoes Ca. Veggie Blend  <b>Peanut Butter x3</b> Bread X 2 Jelly x2 <u>Db/Ls – Diet Jelly</u> Fruit Juice Fresh Fruit Milk</p>	<p><b>20</b> <b>Beef Stew w/ Root Vegetables</b> Parslied Potatoes Mixed Veggies  <b>Egg Salad</b> WW Bread x2 Carrot Raisin Salad Fruit Juice Fresh Fruit Milk</p>	<p><b>21</b> <b>Pork Chile Verde</b> Brown Rice Country Veg. Blend  <b>Cottage Cheese</b> WW Bran Muffin Margarine Corn Lentil Salad Tropical Fruit Fresh Fruit Milk</p>	<p><b>22</b> <b>Salisbury Steak/ Brown Gravy</b> Yukon Potatoes Collard Greens  <b>Chicken Salad</b> WW Bread x2 Chickpea Salad. Raisins Fresh Fruit Milk</p>	<p><b>23</b> <b>Cod Loin/Lemon Butter Sauce</b> Herbed Rice Wax Beans  <b>Swiss Cheese</b> WW Bread x2 Mayo Coleslaw Tartar Sauce Fresh Fruit Fruit Juice, Milk</p>	<p><b>24</b> <b>Diced Chicken/ Basil Alfredo Sce</b> Penne Pasta Green Peas Diced Carrots  <b>Tuna Salad</b> Hawaiian Mac Sld Crackers Gelatin <u>Db/Ls:Diet Gelatin</u> Pineapple Tidbits Fresh Fruit/ Milk</p>
<p><b>25 Holiday Delivery</b> <b>Veggie Frittata</b> O'Brien Potatoes Tropical Fruit <b>Greek Yogurt</b> Oatmeal WG Blueberry Muffin Margarine Cucumber Salad Fresh Fruit Milk</p>	<p><b>26</b> <b>Fish with Riesling Dill Sauce</b> Lemon Orzo Green Peas  <b>Swiss Cheese</b> WW Bread x2 Kidney Bean Salad Mayo Fruit Juice Fresh Fruit Milk</p>	<p><b>27</b> <b>Beef Taco</b> Garden Veggie Blend  <b>Cranberry Chicken Salad</b> WW Bread x2 Super Food Slaw Tortilla Taco Sauce Raisins Fresh Fruit, Milk</p>	<p><b>28 THANKSGIVING</b> <b>Roast Turkey with Gravy</b> Cornbread Stuffing Peas/Pearl Onions Carrots <b>Sliced Ham</b> Dinner Roll Potato Salad Fresh Fruit Fruit Juice Cranberry Sauce Pumpkin Pie/ Milk</p>	<p><b>29</b> <b>Diced Pork/Apricot Honey Sauce</b> Sweet Potatoes Spinach  <b>Hard Ckd Eggs x3</b> WW Bread x2 Mayo Chickpea Salad Applesauce Fresh Fruit Milk</p>	<p><b>30</b> <b>Diced Chicken/ Curry Sauce</b> Herbed Rice Capri Veg. Blend  <b>Tuna Mac Salad</b> Crackers x3 Corn Lentil Salad Pudding <u>(Db/Ls – diet Pud)</u> Applesauce Mand Orange, Milk</p>	<p><b>Dec. 1</b> <b>Hamburger</b> Baked Beans Mixed Veggies  <b>Cottage Cheese</b> WG Muffin Lettuce Tomatoes Hamburger Bun Mayonnaise Margarine Peaches Fresh Fruit, Milk</p>

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