



**October 2019
Hot/Chilled Meal Plan**

Menu is subject to change without notice

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
 <p>October 14 Is Columbus Day</p>	<p>1 Diced Chicken Thai Curry Veg Coco Sauce Rice Whole Kernel Corn Oriental Veg. Blend</p> <p>Cottage Cheese Bagel Cream Cheese Pineapple Tidbits Fresh Fruit, Milk</p>	<p>2 Greek Pastitsio Italian Veg. Blend Milk</p> <p>Hard Ckd Egg x3 WW Bread x2 Potato Salad Fruit Juice Fresh Fruit Milk</p>	<p>3 Diced Pork BBQ Sauce Sweet Potatoes Collard Greens</p> <p>Chicken Salad WW Bread x2 California Salad Raisins Fresh Fruit Milk</p>	<p>4 Potato Crusted Fish Salvadorian Sauce Couscous Broccoli</p> <p>Peanut Butter x3 Jelly x2 <u>Db/Ls – Diet Jelly</u> WW Bread X2 Tuscan Bean Salad Fr. Cocktail/Pudding <u>(Db/Ls – Diet Pud)</u> Fresh Fruit Milk</p>	<p>5 Meatloaf Brown Gravy Yukon Potatoes Diced Carrots</p> <p>String Cheese x3 Pretzel Mayonnaise V8 juice Fruit Juice Fresh Fruit Milk</p>	<p>6 Baked Chicken Breast w/ Shitake Sce Curried Lentils Country Veg Blend</p> <p>Tuna Salad WW Bread x2 Diced Carrot Salad Tropical Fruit Fresh Fruit Milk</p>
<p>7 Holiday Delivery Southwestern Chili Collard Greens</p> <p>Greek Yogurt Oatmeal Corn Muffin Carrot/Corn Salad Margarine Tropical Fruit Peaches Milk</p>	<p>8 Baked Chicken Breast/ Mango BBQ Sauce Sweet Potatoes Mixed Veggies</p> <p>Swiss Cheese WW Bread x2 Mayonnaise 3 Bean Salad Fruit Juice Fresh Fruit, Milk</p>	<p>9 Lasagna Roll Beef Meat Sauce Whole Kernel Corn Green Beans</p> <p>Hard Ckd Eggs x3 WW Bread x2 Mayonnaise Herbed Potato Salad Raisins Fresh Fruit, Milk</p>	<p>10 Salmon Patty Spiced Pear Chutney Herbed Rice Spinach</p> <p>Chicken Salad Pita Bread Lentil and Carrot Sld Mandarin Oranges Fresh Fruit Milk</p>	<p>11 Sliced Beef Brown Gravy Yukon Potatoes Capri Veg. Blend</p> <p>Cheddar Cheese WW Bread Mayo Tuscan Bean Salad Fruit Juice Fresh Fruit Milk</p>	<p>12 Baked Chicken Lemon Caper Sce O'Brien Potatoes Winter Veggies</p> <p>Egg Salad WW Bread German Coleslaw Gelatin <u>(Db/Ls: Diet Gel.)</u> Pineapple Tidbits Fresh Fruit, Milk</p>	<p>13 Diced Pork Sesame Sauce Brown Rice Diced Carrots</p> <p>Peanut Butter x3 Jelly X2 Cucumber Salad WW Bread Fruit Juice Fresh Fruit Milk</p>
<p>14 Columbus Day Holiday Cheesy Bake Green Beans</p>	<p>15 Baked Chicken/ Ranchero Sauce Brown Rice Ca. Veggie Blend Spinach</p>	<p>16 Beef Stew w/ Root Vegetables Parslied Potatoes Mixed Veggies</p>	<p>17 Pork Chile Verde Brown Rice Country Veg. Blend</p>	<p>18 Salisbury Steak/ Brown Gravy Yukon Potatoes Collard Greens</p>	<p>19 Cod Loin/Lemon Butter Sauce Herbed Rice Wax Beans</p>	<p>20 Diced Chicken/ Basil Alfredo Sce Penne Pasta Green Peas 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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14 Monday	15 Tuesday	16 Wednesday	17 Thursday	18 Friday	19 Saturday	20 Sunday
Greek Yogurt Oatmeal Muffin Margarine Baby Carrots Fresh Fruit x2, Milk	Peanut Butter x3 Bread X 2/Jelly x2 <u>Db/Ls – Diet Jelly</u> Fruit Juice Fresh Fruit Milk	Egg Salad WW Bread x2 Carrot Raisin Salad Fruit Juice Fresh Fruit Milk	Cottage Cheese WW Bran Muffin Margarine Corn Lentil Salad Tropical Fruit Fresh Fruit Milk	Chicken Salad WW Bread x2 Chickpea Salad. Raisins Fresh Fruit Milk	Swiss Cheese WW Bread x2 Mayo Coleslaw Tartar Sauce Fresh Fruit Fruit Juice, Milk	Tuna Salad Hawaiian Mac Sld Crackers/Pudding <u>(Db/Ls:Diet Pud)</u> Pineapple Tidbits Fresh Fruit Milk
21 Veggie Frittata O'Brien Potatoes Tropical Fruit Greek Yogurt Oatmeal WG Blueberry Muffin Margarine LS Veg. Juice Pineapple Tidbits Fresh Fruit, Milk	22 Fish with Riesling Dill Sauce Lemon Orzo Green Peas Swiss Cheese WW Bread x2 Kidney Bean Salad Mayo Fruit Juice Fresh Fruit Milk	23 Beef Taco Garden Veggie Blend Cranberry Chicken Salad WW Bread x2 Super Food Slaw Tortilla Taco Sauce Raisins Fresh Fruit, Milk	24 Chicken/ Pumpkin Seed Mole Sauce Herbed Rice Mixed Veggies Peanut Butter x3 Jelly x2 <u>(Db/Ls – Diet Jelly)</u> WW Bread X2 Calif. Veg Salad Pineapple Tidbits Fresh Fruit, Milk	25 Diced Pork/Apricot Honey Sauce Sweet Potatoes Spinach Hard Ckd Eggs x3 WW Bread x2 Mayo Chickpea Salad Applesauce Fresh Fruit Milk	26 Diced Chicken/ Curry Sauce Herbed Rice Capri Veg. Blend Tuna Mac Salad Crackers x3 Corn Lentil Salad Gelatin <u>(Db/Ls – diet Gel)</u> Applesauce Mand Orange, Milk	27 Hamburger Baked Beans Mixed Veggies Cottage Cheese WG Muffin Lettuce Tomatoes Hamburger Bun Mayonnaise Margarine Peaches Fresh Fruit, Milk
28 Cannellini Bean Cacciatore Quinoa Winter Veg. Blend Green Beans Greek Yogurt Oatmeal WW Muffin Margarine Fruit Juice Fresh Fruit, Milk	29 Baked Chicken Cream Dijon Sce Whipped Potatoes Brussels Sprouts Peanut Butter X 3 Jelly X 2 WW Bread X2 Super Food Slaw Fruit Juice Fresh Fruit, Milk	30 Spaghetti w/ Meat Sauce Mixed Veggies Tuna Salad WW Bread X2 Caesar Salad/ Ranch Dressing Raisins Fresh Fruit Milk	31 Pollock/Vera Cruz Sauce Herbed Rice Broccoli Swiss Cheese WW Bread X2 Mayonnaise German Coleslaw Tropical Fruit Fresh Fruit. Milk	1 Baked Chicken Breast/ Pesto Sce Rice Pilaf Ca. Veg. Blend Egg Salad WW Bread X2 Cucumber Salad Fresh Fruit Fruit Juice Milk	2 Diced Pork/Red Mole Sauce Sp. Rice/Beans Fiesta Veg. Blend Cottage Cheese WG Muffin/ Marg. Diced Carrot/Lentil Pudding <u>(Db/Ls – Diet Pud.)</u> Banana P/A Tidbits/ Milk	3 Beef Stew Yukon Potatoes Green Peas Baby Carrots Cranberry Chicken Salad Pita Bread Spiced Pears Fresh Fruit Milk

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