



**September 2019  
Hot/Chilled Meal Plan**

Menu is subject to change without notice

| Monday  | Tuesday  | Wednesday   | Thursday   | Friday  | Saturday   | Sunday   |
|---|--|---|--|---|--|--|
| <b>2 Labor Day Holiday</b><br><b>Southwestern Chili</b><br>Collard Greens<br><br><b>Greek Yogurt</b><br>Oatmeal<br>Corn Muffin<br>Carrot/Corn Salad<br>Margarine<br>Tropical Fruit<br>Peaches<br>Milk | <b>3 Baked Chicken Breast/ Mango BBQ Sauce</b><br>Sweet Potatoes<br>Mixed Veggies<br><br><b>Swiss Cheese</b><br>WW Bread X2<br>Mayonnaise<br>3 Bean Salad<br>Fruit Juice<br>Fresh Fruit<br>Milk                            | <b>4 Lasagna Roll</b><br>Beef Meat Sauce<br>Whole Kernel Corn<br>Green Beans<br><br><b>Hard Ckd Eggs X3</b><br>WW Bread X2<br>Mayonnaise<br>Herbed Potato Salad<br>Raisins<br>Fresh Fruit<br>Milk | <b>5 Salmon Patty/ Spiced Pear Chutney</b><br>Herbed Rice<br>Spinach<br><br><b>Chicken Salad</b><br>Pita Bread<br>Lentil and Carrot Sld<br>Mandarin Oranges<br>Fresh Fruit<br>Milk       | <b>6 Sliced Beef/ Brown Gravy</b><br>Yukon Potatoes<br>Capri Veg. Blend<br><br><b>Cheddar Cheese</b><br>WW Bread<br>Mayo<br>Tuscan Bean Salad<br>Fruit Juice<br>Fresh Fruit<br>Milk | <b>7 Baked Chicken/ Lemon Caper Sauce</b><br>O'Brien Potatoes<br>Winter Veggies<br><b>Egg Salad</b><br>WW Bread<br>German Coleslaw<br>Pudding<br><u>Db/Ls: Diet Pud.</u><br>Pineapple Tidbits<br>Fresh Fruit<br>Milk | <b>8 Diced Pork/ Sesame Sauce</b><br>Brown Rice<br>Diced Carrots<br><br><b>Peanut Butter X 3</b><br>Jelly X2<br>Cucumber Salad<br>WW Bread<br>Fruit Juice<br>Fresh Fruit<br>Milk   |
| <b>9 Cheesy Bake</b><br>Green Beans<br><br><b>Greek Yogurt</b><br>Oatmeal<br>Muffin<br>Margarine<br>Edamame Corn Salad<br>Fresh Fruit X 2<br>Milk   | <b>10 Baked Chicken/ Ranchero Sauce</b><br>Scalloped Potatoes<br>Ca. Veggie Blend<br><br><b>Peanut Butter X3</b><br>Bread X 2/Jelly X 2<br><u>Db/Ls – Diet Jelly</u><br>3 Bean Salad<br>Fruit Juice<br>Fresh Fruit<br>Milk | <b>11 Beef Stew w/ Root Vegetables</b><br>Parslied Potatoes<br>Mixed Veggies<br><br><b>Egg Salad</b><br>WW Bread X 2<br>Carrot Raisin Salad<br>Fruit Juice<br>Fresh Fruit<br>Milk                 | <b>12 Pork Chile Verde</b><br>Brown Rice<br>Country Veg. Blend<br><br><b>Cottage Cheese</b><br>WW Bran Muffin<br>Margarine<br>Corn Lentil Salad<br>Tropical Fruit<br>Fresh Fruit<br>Milk | <b>13 Salisbury Steak/ Brown Gravy</b><br>Yukon Potatoes<br>Collard Greens<br><br><b>Chicken Salad</b><br>WW Bread X 2<br>Chickpea Salad.<br>Raisins<br>Fresh Fruit<br>Milk         | <b>14 Cod Loin/Lemon Butter Sauce</b><br>Herbed Rice<br>Wax Beans<br><br><b>Swiss Cheese</b><br>WW Bread X 2<br>Mayo<br>Coleslaw<br>Tartar Sauce<br>Fresh Fruit<br>Fruit Juice<br>Milk                               | <b>15 Diced Chicken/ Basil Alfredo Sauce</b><br>Penne Pasta<br>Green Peas<br>Diced Carrots<br><b>Tuna Salad</b><br>Hawaiian Mac Sld<br>Crackers/Gelatin<br><u>Db/Ls:Diet Gelatin</u><br>Pineapple Tidbits<br>Fresh Fruit<br>Milk |
| <b>16 Veggie Frittata</b><br>O'Brien Potatoes<br>Tropical Fruit   | <b>17 Fish with Riesling Dill Sauce</b><br>Lemon Orzo<br>Green Peas  | <b>18 Beef Taco</b><br>Garden Veggie Blend  | <b>19 Chicken/ Pumpkin Seed Mole Sauce</b><br>Herbed Rice<br>Mixed Veggies   | <b>20 Diced Pork/Apricot Honey Sauce</b><br>Sweet Potatoes<br>Spinach   | <b>21 Diced Chicken/ Curry Sauce</b><br>Herbed Rice<br>Capri Veg. Blend  | <b>22 Hamburger</b><br>Baked Beans<br>Mixed Veggies  |

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|  |   |  |   |   |  |  |
|--|---|--|---|---|--|--|
| <p><b>16 Monday</b><br/><b>Greek Yogurt</b><br/>Oatmeal<br/>WG Blueberry Muffin<br/>Margarine<br/>LS Veg. Juice<br/>Pineapple Tidbits<br/>Fresh Fruit<br/>Milk</p>   | <p><b>17 Tuesday</b><br/><b>Swiss Cheese</b><br/>WW Bread X2<br/>Kidney Bean Salad<br/>Mayo<br/>Fruit Juice<br/>Fresh Fruit<br/>Milk</p>  | <p><b>18 Wednesday</b><br/><b>Cranberry Chicken Salad</b><br/>WW Bread X2<br/>Super Food Slaw<br/>Tortilla<br/>Taco Sauce<br/>Raisins<br/>Fresh Fruit<br/>Milk</p>                           | <p><b>19 Thursday</b><br/><b>Peanut Butter X 3</b><br/>Jelly X2<br/><u>(Db/Ls – Diet Jelly)</u><br/>WW Bread X2<br/>Calif. Veg Salad<br/>Pineapple Tidbits<br/>Fresh Fruit<br/>Milk</p>                       | <p><b>20 Friday</b><br/><b>Hard Cooked Eggs X3</b><br/>WW Bread X2<br/>Mayo<br/>Chickpea Salad<br/>Applesauce<br/>Fresh Fruit<br/>Milk</p>  | <p><b>21 Saturday</b><br/><b>Tuna Mac Salad</b><br/>Crackers X3<br/>Corn Lentil Salad<br/>Pudding<br/><u>(Db/Ls – diet pudding)</u><br/>Applesauce<br/>Mandarin Oranges<br/>Milk</p>   | <p><b>22 Sunday</b><br/><b>Cottage Cheese</b><br/>WG Muffin<br/>Lettuce Tomatoes<br/>Hamburger Bun<br/>Mayonnaise<br/>Margarine<br/>Peaches<br/>Fresh Fruit<br/>Milk</p>   |
| <p><b>23</b><br/><b>Cannellini Bean Cacciatore</b><br/>Quinoa<br/>Winter Veg. Blend<br/>Green Beans<br/><b>Greek Yogurt</b><br/>Oatmeal<br/>WW Muffin<br/>Margarine<br/>Fruit Juice<br/>Fresh Fruit<br/>Milk</p> | <p><b>24</b><br/><b>Baked Chicken/ Cr. Dijon Sauce</b><br/>Whipped Potatoes<br/>Brussels Sprouts<br/><br/><b>Peanut Butter X 3</b><br/>Jelly X 2<br/>WW Bread X2<br/>Super Food Slaw<br/>Fruit Juice<br/>Fresh Fruit<br/>Milk</p> | <p><b>25</b><br/><b>Spaghetti w/ Meat Sauce</b><br/>Mixed Veggies<br/><br/><b>Tuna Salad</b><br/>WW Bread X2<br/>Caesar Salad/<br/>Ranch Dressing<br/>Raisins<br/>Fresh Fruit<br/>Milk</p>   | <p><b>26</b><br/><b>Pollock/Vera Cruz Sauce</b><br/>Herbed Rice<br/>Broccoli<br/><br/><b>Swiss Cheese</b><br/>WW Bread X2<br/>Mayonnaise<br/>German Coleslaw<br/>Tropical Fruit<br/>Fresh Fruit<br/>Milk</p>  | <p><b>27</b><br/><b>Baked Chicken Breast/ Pesto Sauce</b><br/>Rice Pilaf<br/>Ca. Veg. Blend<br/><br/><b>Egg Salad</b><br/>WW Bread X2<br/>Cucumber Salad<br/>Fresh Fruit<br/>Fruit Juice<br/>Milk</p>   | <p><b>28</b><br/><b>Diced Pork/Red Mole Sauce</b><br/>Sp. Rice/Beans<br/>Fiesta Veg. Blend<br/><br/><b>Cottage Cheese</b><br/>WG Muffin/ Marg.<br/>Diced Carrot/Lentil<br/>Gelatin<br/><u>(Db/Ls – Diet Gel.)</u><br/>Banana<br/>P/A Tidbits/ Milk</p> | <p><b>29</b><br/><b>Beef Stew</b><br/>Yukon Potatoes<br/>Green Peas<br/>Baby Carrots<br/><br/><b>Cranberry Chicken Salad</b><br/>Pita Bread<br/>Spiced Pears<br/>Fresh Fruit<br/>Milk</p>                            |
| <p><b>30</b><br/><b>Veg. Enchilada Bake</b><br/>Garden Veg Blend<br/>Spinach<br/><br/><b>Greek Yogurt</b><br/>Oatmeal<br/>WW Muffin<br/>Corn/Bean Salad<br/>Fruit Cocktail<br/>Fresh Fruit<br/>Milk</p>          | <p><b>1</b><br/><b>Diced Chicken/</b><br/>Thai Curry Coco Sc<br/>Rice<br/>Whole Kernel Corn<br/>Oriental Veg. Blend<br/><br/><b>Cottage Cheese</b><br/>Bagel<br/>Cream Cheese<br/>Pineapple Tidbits<br/>Fresh Fruit<br/>Milk</p>  | <p><b>2</b><br/><b>Greek Pastitsio</b><br/>Italian Veg. Blend<br/>Milk<br/><br/><b>Egg Salad</b><br/>WW Bread X2<br/>Tomato/ Cucumber<br/>Salad<br/>Fruit Juice<br/>Fresh Fruit<br/>Milk</p> | <p><b>3</b><br/><b>Diced Pork / BBQ Sauce</b><br/>Sweet Potatoes<br/>Collard Greens<br/><br/><b>Chicken Salad</b><br/>WW Bread X2<br/>Broccoli/Cauliflower<br/>Salad<br/>Raisins<br/>Fresh Fruit<br/>Milk</p> | <p><b>4</b><br/><b>Pot. Crusted Fish /Salvadorian Sauce</b><br/>Couscous<br/>Broccoli<br/><b>Peanut Butter X 3</b><br/>Jelly X 2<br/><u>(Db/Ls – Diet Jelly)</u><br/>WW Bread X2<br/>Tuscan Bean Salad<br/>Fr. Cocktail/Pudding<br/><u>(Db/Ls – Diet Pudding)</u><br/>Fresh Fruit/ Milk</p> | <p><b>5</b><br/><b>Meatloaf/ Brown Gravy</b><br/>Yukon Potatoes<br/>Diced Carrots<br/><b>Swiss Cheese</b><br/>WW Bread X2<br/>Mayonnaise<br/>Corn &amp; Lentil<br/>Salad<br/>Fruit Juice<br/>Fresh Fruit<br/>Milk</p>                                  | <p><b>6 Baked Chicken Breast with Shitake Sauce</b><br/>Curried Lentils<br/>Country Veg Blend<br/><br/><b>Tuna Salad</b><br/>WW Bread X2<br/>Carrot Raisin<br/>Salad<br/>Tropical Fruit<br/>Fresh Fruit<br/>Milk</p> |

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