



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

Hot 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
Cheese Ravioli with Marinara Sauce and Meatballs with Italian Vegetables and a Greek Yogurt Tuna Nicoise Salad Chickpeas, Quinoa and Beans	Chicken Mole with Spanish Rice, Kale, Black Beans and Sour Cream Cottage Cheese and Tabouli Salad with Lemon Cumin Dressing	Chicken Parmesan with Marinara Sauce, Radiatore Pasta, Italian Vegetables and Brussels Sprouts Roast Beef Sandwich with Garden Vegetables and a Muffin	Scrambled Egg & Cheese Omelette with Enchilada Sauce, Skillet Browned Potatoes and Mixed Seasonal Vegetables Southwest Beef Salad with Rice and Black Beans	Breaded Fish Filet with Mashed Potatoes, Minted Peas and Tartar Sauce Oatmeal Breakfast with Honey & Greek Yogurt, Fruit Cup and Edamame Carrot Salad	Pasture Raised Pork Jambalaya on Spanish Rice with Collard Greens and Corn Muffin Beef and Glass Noodle Salad with Soy Lime Dressing, Pudding **	Thai Curried Chicken on Brown Rice with Kale and Far East Vegetables Greek Pasta Salad with Tuna and Feta Cheese, Pudding **
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
Vegetarian 'Beef' Tagine with Peas & Carrots served on Moroccan Couscous Chef Salad with Farro and Seasonal Greens	Breaded Chicken with Roasted Garlic Cream Sauce on Kale and Farro with Seasonal Vegetables Shrimp Salad with Bulgur Wheat and Lemon Tarragon Dressing	Chicken Enchilada with Sour Cream and Fajita Mixed Vegetables Egg Salad with Curried Sweet Potatoes and Chickpeas, Dinner Roll	Scrambled Egg and Bacon Omelette with Roasted Potatoes and Garden Vegetables Waldorf Chicken Salad with Apples, Walnuts, Raisins and Celery	Chili Colorado made with Pasture Raised Beef served with Spanish Rice, Refried Beans, Sunshine Carrots and Sour Cream Ranch Chicken Salad with Tri-Colored Pasta, Mixed Greens	Baked Cod with Dill Sauce served on Quinoa and Collard Greens with Garden Vegetables and Muffin Gochucjang Chicken Salad with Brown Rice	Teriyaki Chicken with Brown Rice, Spinach and Eastern Mixed Vegetables Tuna Nicoise Salad with Chickpeas, Quinoa and Beans
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
Shrimp and Chicken Fried Rice with West Coast Vegetables Turkey Sandwich with Coleslaw	Japanese Curried Chicken and Vegetables with White Rice and Brussels Sprouts and a Greek Yogurt Mediterranean Falafel Salad with Tzatziki	Chilaquiles with Tortilla Chips and Chicken Smothered in Enchilada Sauce with Garden Vegetables Roast Beef Sandwich with Garden Vegetables and a Muffin	Mushroom and Cheese Omelette with Turkey Sausage, Roasted Potatoes and Fajita Vegetables Thai Chicken Salad with Sesame Sunflower Noodles	Potato Crusted Fish Filet with Roasted Garlic Cream on Rice Pilaf Green Beans and Mixed Vegetables Southwest Beef Salad with Rice and Black Beans	Locally Raised Beef and White Bean Ragu with Carrots and Kale Greek Pasta Salad with Tuna and Feta Cheese, Pudding **	Marin Pork with Honey Dijon Sauce, Roasted Potatoes, Spinach & Capri Vegetables Waldorf Chicken Salad with Apples, Walnuts, Raisins and Celery



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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 Gochucjang Chicken Salad with Brown Rice	Local Beef and Garden Vegetable Stew with West Coast Vegetables, Collard Greens and Dinner Roll Egg Salad with Curried Sweet Potatoes and Chickpeas, Dinner Roll	Chicken Adobo on Egg Noodles with Garden Vegetables and Brussels Sprouts Cottage Cheese and Tabouli Salad with Lemon Cumin Dressing	Omelette with Bacon, Sweet Potatoes and Winter Vegetables Turkey Sandwich with Coleslaw	Meatloaf with Onion Mushroom Gravy, Creamy Mashed Potatoes, Carrots and Broccoli Beef and Glass Noodle Salad with Soy Lime Dressing, Pudding **	Macaroni and Cheese with Spinach and Country Vegetables Ranch Chicken Salad with Tri-Colored Pasta, Mixed Greens	Baked Cod with Tuscan Vegetable Vinaigrette, Yellow Corn Polenta & Capri Vegetables with Kale and Pudding** Oatmeal Breakfast with Honey & Greek Yogurt and Fruit Cup and Edamame Carrot Salad
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 Tuna Nicoise Salad with Chickpeas, Quinoa and Beans	Chicken with Moroccan Spiced Spinach & Lentils on Rice Pilaf, and a Greek Yogurt Shrimp Salad with Bulgur Wheat and Lemon Tarragon Dressing	Salmon with Lemon Caper Sauce, Quinoa, Collard Greens and Tuscan Vegetables Egg Salad with Curried Sweet Potatoes and Chickpeas, Dinner Roll	Scrambled Eggs with Cheddar Cheese, Roasted Potatoes and Garden Vegetables and Muffin Thai Chicken Salad with Sesame Sunflower Noodles	Savory Pork & Tomato on Brown Rice with Spinach and Country Vegetables Mediterranean Falafel Salad with Tzatziki	Ratatouille with Shrimp, Chicken and Navy Beans and a Greek Yogurt, Pudding** Southwest Beef Salad with Rice and Black Beans	Mandarin Orange Chicken with Chow Mein Noodles, Spinach and Eastern Mixed Vegetables Greek Pasta Salad with Tuna and Feta Cheese, Pudding **

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