



**January to March 2020
Frozen Mechanical Soft Meal Plan**

**Menu is subject to change without notice
MOW Provides 1 serving of Beverage Mix and Milk daily**

415-920-1111 | MOWSF.ORG

MONDAY Dec 30, Feb 3, Mar 9	TUESDAY Dec 31, Feb 4, Mar 10	WEDNESDAY Jan 1, Feb 5, Mar 11	THURSDAY Jan 2, Feb 6, Mar 12	FRIDAY Jan 3, Feb 7, Mar 13	SATURDAY Jan 4, Feb 8, Mar 14	SUNDAY Jan 5, Feb 9, Mar 15
Southwest Chili Brown Rice Broccoli Cream of Chicken & Mushroom Soup Low Sodium Crackers x 3 Corn Muffin Margarine Shredded Kale Power Sld. Mandarin Orange x 2 Berry Cup	Thai Chicken Curry with Vegetables Jasmine Rice Oriental Vegetable Blend Whole Kernel Corn Cheese & Bell Pepper Frittata O'Brien Potatoes Diced Carrots Low Sodium Crackers x3 Pears x 2	Cod Nuggets Lemon Thyme Sauce Confetti Couscous California Vegetable Blend Green Peas Diced Chicken Tandoori Cilantro Rice Spinach Peaches x 2	Diced Pork Red Mole Sauce Sweet Potatoes Squash Medley Chicken a La King Egg Noodles Green Beans Capri Veg Blend Low Sodium Crackers x3 Margarine Fruit Juice Banana	Salisbury Steak Onion & Mushroom Gravy Mashed Potatoes Carrots & Cauliflower West Coast Bean & Kale Soup Dinner Roll Margarine Broccoli Edamame Salad Mango Chunks x 2	Diced Chicken Marsala Sauce Curried Lentils 5-Way Veg. Blend Egg Patty x2 and Bacon x3 Hash Browns 4-way Vegetable Blend Low Sodium Crackers x3 Margarine Crushed Pineapple x 2	Savory Turkey Casserole Egg Noodles Italian Vegetable Blend Beef Burgundy Yukon Gold & Red Potatoes Peas & Pearl Onions Diced Carrot Raisin Salad Low Sodium Crackers x3 Margarine Applesauce x 2 Vanilla Pudding
Jan 6, Feb 10, Mar 16	Jan 7, Feb 11, Mar 17	Jan 8, Feb 12, Mar 18	Jan 9, Feb 13, Mar 19	Jan 10, Feb 14, Mar 20	Jan 11, Feb 15, Mar 21	Jan 12, Feb 16, Mar 22
Beef Patty Brown Gravy Mashed Potatoes Capri Vegetable Blend Chicken Pasta Primavera Peas & Carrots Whole Kernel Corn Kidney Bean Salad Low Sodium Crackers x3 Margarine Diced Peaches x 2	St. Patrick's Day – 3/17 See Holiday Menu on the Back Diced Pork Loin Asian Sesame Sauce Brown Rice Butternut Squash Collard Greens Broccoli Cheese Soup Dinner Roll Margarine Apricots x 2	Beef Taco Spanish Rice Fiesta Vegetable Blend Scrambled Eggs x2 Veggie Sausage Patty x1 Normandy Vegetable Blend Low Sodium Crackers x 3, Margarine Taco Sauce Flour Tortilla Applesauce x 2	Mushroom Frittata Diced Potatoes Garden Vegetable Blend Turkey Florentine with Egg Noodles Country Vegetable Blend Bean & Corn Salad Banana Fruit Juice	California Patty Vegetable Gravy Orzo Rice Pilaf Ranch Beans Broccoli & Cauliflower Pork Adobo Brown Rice Mixed Vegetables Low Sodium Crackers x3 Margarine Diced Pears x 2 Fruit Juice	Breaded Pollock Quinoa Green Peas Chicken Barley Soup Diced Carrot Raisin Salad Low Sodium Crackers x3 Margarine Tartar Sauce Fruit Cocktail x 2 Gelatin <i>(Diabetic – sugar free)</i>	Diced Chicken Pesto Sauce Penne Pasta Italian Vegetable Blend Veggie Omelet Sweet Potatoes Diced Carrots Low Sodium Crackers x3 Margarine Mandarin Orange x 2
Jan 13, Feb 17, Mar 23	Jan 14, Feb 18, Mar 24	Jan 15, Feb 19, Mar 25	Jan 16, Feb 20, Mar 26	Jan 17, Feb 21, Mar 27	Jan 18, Feb 22, Mar 28	Jan 19, Feb 23, Mar 29
Cheese Ravioli Marinara Sauce 5-way Vegetable Blend Spinach Chicken Tomato Spinach Tortellini Soup Garbanzo Salad Low Sodium Crackers x3 Margarine Applesauce x 2	Diced Chicken Poultry Gravy Sweet Potato Wedges Capri Vegetable Blend Turkey Sausage Patty x3 Oatmeal Pancakes x2 Broccoli & Cauliflower Pancake Syrup <i>(Diabetic – Diet Syrup)</i> Blueberry Muffin Margarine Low Sodium V8 Juice Crushed Pineapple x 2	Beef & Vegetable Stew Brown Rice Broccoli Wax Beans Chicken Chilaquilles Mixed Vegetables Diced Carrot Raisin Salad Low Sodium Crackers x3 Margarine Tropical Fruit Blend x 2	Pork Patty BBQ Mango Sauce Lemon Orzo Asian Vegetable Blend Asian Beef Casserole Egg Noodles Green Peas 4-way Veg. Blend Low Sodium Crackers x3 Banana Fruit Juice	Beef Meatballs Sweet & Sour Sauce Quinoa Collard Greens Lentil & Vegetable Soup Edamame Corn Salad WW Dinner Roll Margarine Mango Cup x 2 Lemon Pudding <i>(DB-no sugar added)</i>	Baked Fish Riesling Dill Sauce Home Fries Green Beans Diced Carrots Eggs a La King x3 Orzo Green Peas Creamy Coleslaw Low Sodium Crackers x3 Margarine Blueberries x 2	Diced Chicken Creamy Garlic Sauce Penne Pasta 5-Way Vegetable Blend Green Peas Beef with Spanish Rice Mixed Vegetables Pudding <i>(Diabetic – sugar free)</i> Apricots x 2

MONDAY Jan 20, Feb 24, Mar 30	TUESDAY Jan 21, Feb 25, Mar 31	WEDNESDAY Jan 22, Feb 26, Apr 1	THURSDAY Jan 23, Feb 27, Apr 2	FRIDAY Jan 24, Feb 28, Apr 3	SATURDAY Jan 25, Feb 29, Apr 4	SUNDAY Jan 26, Mar 1, Apr 5
Macaroni & Cheese Normandy Vegetable Blend Turkey Sausage Pattiesx3 Pancakes x2 4-Way Vegetable Blend Pancake Syrup <i>(Diabetic – Diet Syrup)</i> Margarine Herbed Potato Salad Peaches x 2	Baked Fish Caper Sauce Confetti Couscous Cauliflower Peas & Carrots Swiss Steak with French Onion Gravy Egg Noodles California Vegetable Blend Whole Wheat Bread x 1 Margarine Fruit Juice/ Raisins Vanilla Pudding <i>(Diabetic– sugar free)</i>	Beef Enchilada Bake Cilantro Brown Rice Garden Vegetable Blend Italian Wedding Soup with Turkey Meatballs Whole Wheat Dinner Roll Margarine Broccoli Cauliflower Salad Fruit Cocktail x 2	Diced Chicken Country Gravy Tater Tots 5-Way Vegetable Blend Egg & Hash Brown Casserole Mixed Vegetables Whole Wheat English Muffin Low Sodium Crackers x3 Margarine Applesauce x 2	Diced Pork Honey Mustard Sauce Sweet Potatoes Spinach Cauliflower & Cheese Israeli Couscous and Quinoa Blend Brussels Sprouts Low Sodium Crackers x3, Margarine Crushed Pineapple x 2	Chicken Curry Jasmine Brown Rice Asian Vegetable Blend Beef Barley Soup Confetti Corn Salad Low Sodium Crackers x3 Margarine Pears x	Meatloaf Salvadorian Sauce Diced Potatoes Broccoli & Cauliflower Collard Greens Diced Chicken Poultry Gravy Vegetable Couscous Capri Vegetable Blend Diced Carrots Dinner Roll, Margarine Chocolate Pudding <i>(Diabetic – sugar free)</i> Mango Cup x 2
Jan 27, Mar 2, Apr 6	Jan 28, Mar 3, Apr 7	Jan 29, Mar 4, Apr 8	Jan 30, Mar 5, Apr 9	Jan 31, Mar 6, Apr 10	Feb 1, Mar 7, Apr 11	Feb 2, Mar 8, Apr 12
Baked Fish Dill Sauce Penne Pasta Lima Beans & Corn Butternut Squash Chicken & Dumplings Mixed Vegetables Collard Greens Low Sodium Crackers x3 Margarine Mandarin Orange x 2	Beef Bulgogi Brown Rice Oriental Vegetable Blend Spinach Cheese Tortellini Basil Pesto Sauce Green Peas Potato Salad Whole Wheat Dinner Roll Margarine Peaches x 2	Cheese Ravioli Marinara Sauce Capri Vegetable Blend x2 Chicken Corn Chowder Whole Wheat Dinner Roll Margarine Broccoli Cauliflower Salad Chocolate Pudding <i>(Diabetic – sugar free)</i> Apricot x 2	Diced Chicken Ginger Scallion Sauce Potatoes O'Brien 4-Way Vegetable Blend Green Beans Asian Pork Hash Brown Rice & Vegetables Low Sodium Crackers x3 Margarine Tropical Fruit x 2	Cheese Omelet Tater Tots Normandy Vegetable Blend Baked Fish w/ Creole Sauce Lemon Orzo California Vegetable Blend Butternut Squash Creamy Coleslaw Low Sodium Crackers x3 Banana Fruit Juice	Sweet and Sour Pork Brown Rice Broccoli & Carrots Three Bean Summer Soup with Spinach Low Sodium Crackers x3 Crushed Pineapple x 2	Beef Stroganoff Egg Noodles Italian Vegetable Blend Beef & Cabbage Casserole Mushroom & Peas Orzo Carrot Garbanzo Salad Dinner Roll/ Margarine Vanilla Pudding <i>(Diabetic – sugar free)</i> Fruit Cocktail x 2

"The quality and amount of the food you eat powerfully affects the health of your body. Make every meal and snack an opportunity to choose nutritious and delicious foods."

<p>HOLIDAY MEAL MAIN ENTRÉE:</p>	<p>March 17, Tuesday St. Patrick's Day Corned Beef Potato Cabbage/Carrot Holiday Cookie</p>
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Starting January 2020 we will be switching from a monthly menu calendar to a quarterly menu calendar.

Please keep this menu calendar until the end of March.

Our menu meets 2/3 dietary reference intake DRI for all target nutrients except for Vitamin D & Potassium. MOWSF dietitians will provide nutrition education handout to ensure you are meeting your daily Vitamin D 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.

Did you know we are building a NEW kitchen that will open in the Fall of 2020. Learn more at www.mowsf.org/newkitchen