



**January to March 2020  
Frozen Meal Plan**

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

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<b>MONDAY</b> Dec 30, Feb 3, Mar 9	<b>TUESDAY</b> Dec 31, Feb 4, Mar 10	<b>WEDNESDAY</b> Jan 1, Feb 5, Mar 11	<b>THURSDAY</b> Jan 2, Feb 6, Mar 12	<b>FRIDAY</b> Jan 3, Feb 7, Mar 13	<b>SATURDAY</b> Jan 4, Feb 8, Mar 14	<b>SUNDAY</b> Jan 5, Feb 9, Mar 15
<b>Southwest Chili</b> Brown Rice Broccoli  <b>Cream of Chicken &amp; Mushroom Soup</b> Low Sodium Crackers x 3 Corn Muffin, Margarine Shredded Kale Power Sld. Fresh Fruit x 2	<b>Thai Chicken Curry with Vegetables</b> Jasmine Rice Oriental Vegetable Blend Whole Kernel Corn  <b>Cheese and Bell Pepper Frittata</b> O'Brien Potatoes Diced Carrots Fresh Fruit x 2	<b>Cod Nuggets</b> <b>Lemon Thyme Sauce</b> Confetti Couscous California Vegetable Blend Green Peas  <b>Chicken Tandoori</b> Cilantro Rice Spinach Fresh Fruits x 2	<b>Diced Pork</b> <b>Red Mole Sauce</b> Sweet Potatoes Squash Medley  <b>Chicken a la King</b> Egg Noodles Capri Vegetable Blend Green Beans Low Sodium Crackers x3 Applesauce Fresh Fruit x 2	<b>Salisbury Steak</b> <b>Onion &amp; Mushroom Gravy</b> Mashed Potatoes Carrots & Cauliflower  <b>West Coast Bean &amp; Kale Soup</b> Whole Wheat Roll Margarine Broccoli Edamame Salad Fruit Juice Fresh Fruit x 2	<b>Chicken with Marsala Sauce</b> Curried Lentils 5-Way Vegetable Blend  <b>Egg Patty x2 and Bacon X3</b> Hash Browns 4-way Veg Blend Fresh Fruit x 2	<b>Savory Turkey Casserole</b> Egg Noodles Italian Vegetable Blend  <b>Beef Burgundy</b> Yukon Gold & Red Potatoes Peas & Pearl Onions Diced Carrot Raisin Salad Pudding <i>(Diabetic – sugar free)</i> Mandarin Orange Fresh Fruit x 2
<b>Jan 6, Feb 10, Mar 16</b>	<b>Jan 7, Feb 11, Mar 17</b>	<b>Jan 8, Feb 12, Mar 18</b>	<b>Jan 9, Feb 13, Mar 19</b>	<b>Jan 10, Feb 14, Mar 20</b>	<b>Jan 11, Feb 15, Mar 21</b>	<b>Jan 12, Feb 16, Mar 22</b>
<b>Beef Patty</b> <b>Brown Gravy</b> Mashed Potatoes Capri Vegetable Blend  <b>Chicken Pasta Primavera</b> Peas and Carrots Whole Kernel Corn Kidney Bean Salad Whole Wheat Dinner Roll Margarine Fresh Fruit x 2	<b>St. Patrick's Day – 3/17</b> <b>See Holiday Menu on the Back</b> <b>Diced Pork Loin</b> <b>Asian Sesame Sauce</b> Brown Rice Butternut Squash Collard Greens  <b>Broccoli Cheese Soup</b> Low Sodium Crackers x3, Margarine Fresh Fruit x 2	<b>Beef Taco</b> Spanish Rice Fiesta Vegetable Blend  <b>Scrambled Eggs x 2</b> <b>Veggie Sausage Patty x 1</b> Normandy Vegetable Blend Low Sodium Crackers x3 Margarine Taco Sauce Flour Tortilla Applesauce Fresh Fruit x 2	<b>Mushroom Frittata</b> Diced Potatoes Garden Vegetable Blend  <b>Turkey Florentine with Egg Noodles</b> Country Vegetable Blend Bean & Corn Salad Low Sodium Crackers x3 Mango Cup Fresh Fruit x 2	<b>California Patty</b> <b>Vegetable Gravy</b> Orzo Rice Pilaf Ranch Beans Broccoli & Cauliflower  <b>Pork Adobo</b> Brown Rice Mixed Vegetables Dinner Roll Margarine Fresh Fruit x 2	<b>Breaded Pollock</b> Quinoa Green Peas  <b>Chicken Barley Soup</b> Diced Carrot Raisin Salad Low Sodium Crackers x 3 Tartar Sauce Fresh Fruit x 2	<b>Chicken w/ Pesto Sauce</b> Penne Pasta Italian Vegetable Blend  <b>Veggie Omelet</b> Sweet Potatoes Diced Carrots Pudding <i>(Diabetic - sugar free)</i> Fresh Fruit x 2
<b>Jan 13, Feb 17, Mar 23</b>	<b>Jan 14, Feb 18, Mar 24</b>	<b>Jan 15, Feb 19, Mar 25</b>	<b>Jan 16, Feb 20, Mar 26</b>	<b>Jan 17, Feb 21, Mar 27</b>	<b>Jan 18, Feb 22, Mar 28</b>	<b>Jan 19, Feb 23, Mar 29</b>
<b>Cheese Ravioli</b> <b>Marinara Sauce</b> 5-way Vegetable Blend Spinach  <b>Chicken Tomato Spinach Tortellini Soup</b> Garbanzo Salad Low Sodium Crackers x3 Fresh Fruit x 2	<b>Chicken Breast</b> <b>Poultry Gravy</b> Sweet Potato Wedges Capri Vegetable Blend  <b>Turkey Sausage Patty x3</b> Oatmeal Pancakes x2 Broccoli & Cauliflower Pancake Syrup <i>(Diabetic – Diet Syrup)</i> Blueberry Muffin/ Margarine Fresh Fruit x 2	<b>Beef &amp; Vegetable Stew</b> Brown Rice Broccoli Wax Beans  <b>Chicken Chilaquilles</b> Mixed Vegetables Diced Carrot Raisin Salad Fresh Fruit x 2	<b>Pork Patty</b> <b>BBQ Mango Sauce</b> Lemon Orzo Asian Vegetable Blend  <b>Asian Beef Casserole</b> Egg Noodles Green Peas 4-way Vegetable Blend Fresh Fruit x 2	<b>Beef Meatballs</b> <b>Sweet &amp; Sour Sauce</b> Quinoa Collard Greens  <b>Lentil &amp; Vegetable Soup</b> WW Dinner R Edamame Corn Salad Fruit Juice Fresh Fruit x 2	<b>Baked Fish</b> <b>Riesling Dill Sauce</b> Home Fries Green Beans Diced Carrots  <b>Eggs a La King x3</b> Orzo Green Peas Creamy Coleslaw Pineapple Tidbits Fresh Fruit x 2	<b>Chicken Breast</b> <b>Creamy Garlic Sauce</b> Penne Pasta 5-way Vegetable Blend Green Peas  <b>Beef with Spanish Rice</b> Mixed Vegetables Pudding <i>(Diabetic – sugar free)</i> Fruit Juice Fresh Fruit x 2

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

<b>HOLIDAY MEAL MAIN</b> <b>ENTRÉE:</b>	<b>March 17, Tuesday</b> <b>St. Patrick's Day</b> Corned Beef Potato Cabbage/Carrot Holiday Cookie
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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](http://www.mowsf.org/newkitchen)**