



**January to March 2020  
Hot Chilled Meal Plan**

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

**415-920-1111 | MOWSF.ORG**

<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>Greek Yogurt</b> Oatmeal Muffin Margarine Shredded Kale Power Salad Fresh Fruits (x2)	<b>Thai Chicken Curry with Vegetables</b> Jasmine Rice Oriental Vegetable Blend Whole Kernel Corn  <b>Cottage Cheese</b> Tossed Salad / Dressing English Muffin Margarine Fresh Fruit x2 Fruit Cup	<b>Cod Nuggets</b> <b>Lemon Thyme Sauce</b> Confetti Couscous California Vegetable Blend Green Peas  <b>Egg Salad</b> Whole Wheat Bread X 2 Fresh Fruit x2 Fruit Cup	<b>Diced Pork</b> <b>Red Mole Sauce</b> Sweet Potatoes Squash Medley  <b>Chicken Salad</b> Whole Wheat Bread X2 Three Bean Salad Blueberry Muffin Margarine Fresh Fruit x2	<b>Salisbury Steak</b> <b>Onion &amp; Mushroom Gravy</b> Mashed Potatoes Carrots & Cauliflower  <b>Swiss Cheese</b> Whole Wheat Bread X 2 Mayonnaise Broccoli Edamame Salad Three Bean Salad Fresh Fruit x2	<b>Chicken with Marsala Sauce</b> Curried Lentils 5-Way Veg. Blend  <b>Tuna Salad</b> Whole Wheat Bread X2 Southwestern Corn Salad Vanilla Pudding (diet) Fresh Fruit x2	<b>Savory Turkey Casserole</b> Egg Noodles Italian Veg. Blend  <b>Peanut Butter x 3</b> Grape Jelly (Diabetic – Diet Jelly) Whole Wheat Bread x 2 Mayonnaise Diced Carrot Raisin Salad Fresh Fruit x2 Fruit Cup
<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>Greek Yogurt</b> Oatmeal Kidney Bean Salad Muffin Margarine Fresh Fruits X2 Fruit Cup	<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>Peanut Butter X 3</b> Jelly x 2 (Diabetic – Diet Jelly) WW Bread X2 Fresh Fruit x2	<b>Beef Taco</b> Spanish Rice Fiesta Veg. Blend  <b>Hard Cooked Eggs x 3</b> WW Bread Margarine Flour Tortilla Taco Sauce Tossed Salad/ Dressing Vanilla Pudding (Diabetic– Sugar Free) Fresh Fruit x 2	<b>Mushroom Frittata</b> Diced Potatoes Garden Veg Blend  <b>Cottage Cheese</b> Dinner Rolls Margarine Lentil Salad Low Sodium Crackers Fresh Fruit x2	<b>California Patty</b> <b>Vegetable Gravy</b> Orzo Rice Pilaf Ranch Beans Broccoli & Cauliflower  <b>Egg Salad</b> Whole Wheat Bread X 2 Creamy Coleslaw Fresh Fruit x2	<b>Breaded Pollock</b> Quinoa Green Peas  <b>Chicken Salad</b> Diced Carrot Raisin Salad Whole Wheat Bread X 2 Tartar Sauce Fresh Fruit X 2	<b>Chicken w/ Pesto Sauce</b> Penne Pasta Italian Veg. Blend  <b>Swiss Cheese</b> Three Bean Salad Whole Wheat Bread X 2 Mayonnaise Fresh Fruit x2 Fruit Cup
<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 Veg. Blend Spinach  <b>Greek Yogurt</b> Oatmeal Muffin Margarine Fresh Fruit x2 Fruit Cup	<b>Chicken Breast</b> <b>Poultry Gravy</b> Sweet Potato Wedges Capri Vegetable Blend  <b>Swiss Cheese</b> Whole Wheat Bread X 2 Mayonnaise Kidney Bean Salad Low Sodium Crackers Margarine Fresh Fruit x2	<b>Beef &amp; Veg. Stew</b> Brown Rice Broccoli Wax Beans  <b>Peanut Butter X 3</b> Grape Jelly X 2 (Diabetic – Diet Jelly) Diced Carrot Raisin Salad Whole Wheat Bread x2 Fresh Fruit x2	<b>Pork Patty</b> <b>BBQ Mango Sauce</b> Lemon Orzo Asian Vegetable Blend  <b>Hard Cooked Egg x 3</b> WW Bread X 2 Mayonnaise Tomato & Cucumber Salad Italian Dressing Fresh Fruit x2 Fruit Cup	<b>Beef Meatballs</b> <b>Sweet &amp; Sour Sauce</b> Quinoa Collard Greens  <b>Chicken Salad</b> Edamame Corn Salad Whole Wheat Bread X 2 Fresh Fruit x2	<b>Baked Fish</b> <b>Riesling Dill Sauce</b> Home Fries / Green Beans Diced Carrots  <b>Egg Salad</b> Whole Wheat Bread X 2 Creamy Coleslaw LS Crackers Margarine	<b>Chicken Breast</b> <b>Creamy Garlic Sauce</b> Penne Pasta 5-way Vegetable Blend Green Peas  <b>Tuna Salad</b> Whole Wheat Bread X 2 Chocolate Pudding (Diabetic – Sugar Free) Fresh Fruit x2

<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>Greek Yogurt</b> Oatmeal Muffin Margarine Diced Carrot Raisin Salad Fresh Fruit x2	<b>Baked Fish</b> <b>Caper Sauce</b> Confetti Couscous Cauliflower Peas & Carrots  <b>Peanut Butter X3</b> Grape Jelly x 2 <i>(Diabetic– Diet Jelly)</i> Herbed Potato Salad Low Sodium Crackers x3 Margarine Fruit Cup Fresh Fruit x2	<b>Beef Enchilada Bake</b> Cilantro Brown Rice Garden Vegetable Blend  <b>Chicken Salad</b> WW Bread x 2 Broccoli Cauliflower Salad Italian Dressing Fresh Fruit x2	<b>Chicken with Country Gravy</b> Tater Tots 5-Way Vegetable Blend  <b>Egg Salad</b> Black Bean & Corn Salad Whole Wheat Bread X 2 Fresh Fruit x2	<b>Diced Pork</b> <b>Honey Mustard Sauce</b> Sweet Potatoes Spinach  <b>Swiss Cheese</b> Whole Wheat Bread X 2 Mayonnaise Garbanzo Salad Fresh Fruit x 2	<b>Chicken Curry</b> Jasmine Brown Rice Asian Vegetable Blend  <b>Tuna Mac Salad</b> Low Sodium Crackers x3 Confetti Corn Salad Fresh Fruit x2	<b>Meatloaf</b> <b>Salvadoran Sauce</b> Diced Potatoes Broccoli & Cauliflower Collard Greens  <b>Cottage Cheese</b> Bran Muffin Margarine Vanilla Pudding <i>(Diabetic – sugar free)</i> 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>Greek Yogurt</b> Oatmeal Muffin Margarine Fresh Fruit x2	<b>Beef Bulgogi</b> Brown Rice Oriental Vegetable Blend Spinach  <b>Swiss Cheese</b> Potato Salad Whole Wheat Bread x 2 Mayonnaise Fresh Fruit x 2 Fruit Cup	<b>Cheese Ravioli</b> <b>Marinara Sauce</b> Capri Vegetable Blend x2  <b>Chicken Salad</b> Dinner Roll Margarine Broccoli Cauliflower Salad Chocolate Pudding <i>(Diabetic – sugar free)</i> Fresh Fruit x 2 Fruit Cup	<b>Chicken with Ginger Scallion Sauce</b> Potatoes O'Brien 4-Way Vegetable Blend Green Beans  <b>Tuna Salad</b> Whole Wheat Bread X 2 Creamy Coleslaw Fresh Fruit x2	<b>Cheese Omelet</b> Tater Tots Normandy Veg. Blend  <b>Cottage Cheese</b> English Muffin Margarine Spinach Salad / Italian Dressing Fresh Fruit x2	<b>Sweet and Sour Pork</b> Brown Rice Broccoli & Carrots  <b>Peanut Butter X3</b> Grape Jelly X2 WW Bread X2 Lentil Salad Fresh Fruit x2	<b>Beef Stroganoff</b> Egg Noodles Italian Vegetable Blend  <b>Egg Salad</b> WW Bread X2 Vanilla Pudding <i>(Diabetic – Sugar Free)</i> Carrot Garbanzo Salad Fresh Fruit x2

*“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.”*

**HOLIDAY MEAL MAIN ENTRÉE:**

**March 17, Tuesday**  
**St. Patrick's Day**  
Corned Beef  
Potato  
Cabbage/Carrot  
Holiday Cookie



**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)**