



**July 2019
Frozen Meal Plan**

Menu is subject to change without notice

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
2 Cheesy Bake Green Beans Cuban Veg. Patty Plantains Capri Veggie WW Bread Margarine Fresh Fruit X 2 Milk	3 Baked Chicken/ Ranchero Sauce Scalloped Potatoes Ca. Veg. Blend Scrambled Eggs French Toast Pineapple Tidbits 3 Bean Salad Pancake syrup <u>Db/Ls – Diet Syrup</u> Fresh Fruit Margarine/ Milk	4 Independence Day Holiday Beef Stew w/ Root Vegetables Parslied Potatoes Mixed Veggies Tuscan Bean Soup (Shredded Cheese) WW Bread Margarine Tropical Fruit Fresh Fruit Milk	5 Pork Chile Verde Brown Rice Country Veg. Blend Meatballs with BBQ Sauce Potato Wedges Mixed Veggies Margarine Applesauce Fresh Fruit Milk	6 Salisbury Steak/ Brown Gravy Diced Potatoes Spinach Chicken Enchilada Bake Spanish Rice Fiesta Veg. Blend Raisins Fresh Fruit Milk	7 Potato Crusted Fish/ Tartar Sce. Herbed Rice Wax Beans Sausage Links O'Brien Potatoes Tropical Fruit Coleslaw Fresh Fruit Milk	8 Diced Chicken/ Basil Alfredo Sauce Penne Pasta Green Peas Diced Carrots Broccoli Cheese Soup Cornbread Gelatin <u>(Db/Ls – diet Gel)</u> Fresh Fruit/ Juice Milk
9 Veggie Frittata O'Brien Potatoes Tropical Fruit Quinoa Pepper Bowl Italian Veg. Blend Broccoli Fresh Fruit Milk	10 Salmon Patty Lemon Orzo Green Peas Salisbury Steak/ Brown Gravy Yukon Potatoes Green Beans Hamburger Bun Tartar Sauce WW Muffin Margarine Fruit Juice Fresh Fruit/ Milk	11 Beef Taco Garden Veggie Blend Tortellini Tomato Spinach Soup Crackers <u>Db/Ls- Unsalted</u> Super Food Slaw Tortilla Taco Sauce Raisins Banana/ Milk	12 Chicken/ Pumpkin Seed Mole Sauce Herbed Rice Mixed Veggies Beef Meatballs/ Br. Butter Sauce Egg Noodles Diced Carrots Pineapple Tidbits Fresh Fruit Milk	13 Diced Pork/Apricot Honey Sauce Sweet Potatoes Spinach Chicken Gumbo Brown Rice Cornbread Margarine Fresh Fruit X 2 Milk	14 Diced Chicken/ Curry Sauce Herbed Rice Capri Veg. Blend Scrambled Eggs Hash Browns Tropical Fruit Carrot Raisin Sld. Pudding <u>(Db/Ls – Diet Pudding)</u> Fresh Fruit/ Milk	15 Hamburger Baked Beans Mixed Veggies Chicken Chilaquilles Squash/Corn/ Tomato Lettuce/ Tomato Hamburger Bun Mayonnaise Fresh Fruit Fruit Juice Milk
16 Cannellini Bean Cacciatore Quinoa Winter Veg. Blend Green Beans	17 Baked Chicken/ Cr. Dijon Sauce Whipped Potatoes Brussels Sprouts	18 Spaghetti w/ Meat Sauce Mixed Veggies	19 Pollock/Vera Cruz Sauce Herbed Rice Broccoli	20 Baked Chicken Breast/ Pesto Sauce Rice Pilaf Ca. Veg. Blend	21 Diced Pork/Red Mole Sauce Sp. Rice/Beans Fiesta Veg. Blend	22 Beef Stew Yukon Potatoes Green Peas Baby Carrots

Our menu meets 2/3 dietary reference intake DRI for all target nutrients except for Vit. D & Potassium. MOW dietitians will provide nutrition education handout to ensure you are meeting your daily Vit. D and potassium needs. MOW would like to thank the Office On the Aging of the City and County of San Francisco for their generous support of our program.

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<p>16 Monday Egg Patty Veg. Sausage Patty WW Engl. Muffin Fresh Fruit Tropical Fruit Milk</p>	<p>17 Tuesday Diced Pork/ Sweet Thai Chili Sauce Parslied Br. Rice Capri Veggie Blend Pineapple Tidbits Fresh Fruit Milk</p>	<p>18 Wednesday Chicken Wild Rice Soup WW Bread/ Marg. Caesar Salad/ Dressing Fruit Juice Fresh Fruit/ Milk</p>	<p>19 Thursday Turkey Chili Country Veg. Blend Corn Muffin Crackers Margarine Raisins Fresh Fruit / Milk</p>	<p>20 Friday Beef Stroganoff Egg Noodles Green Peas Cucumber Salad Peaches Fresh Fruit Milk</p>	<p>21 Saturday Chicken Noodle Soup Crackers Pudding <i>(Diet Pudding)</i> Fruit Juice Diced Apples/ Milk</p>	<p>22 Sunday Breakfast Burrito Sl. Monterey Jack Cheese Tropical Fruit WG Muffin Margarine Canned Fruit/ Milk</p>
<p>23 Veg. Enchilada Bake Garden Veg Blend X 2 Scrambled Eggs O'Brien Potatoes Peaches Tom/Cucumber Fresh Fruit Milk</p>	<p>24 Diced Chicken/ Thai Curry Coco Sauce Rice Whole Kernel Corn Oriental Veg. Blend Lentil & Garbanzo Bean Soup Crackers <i>Db/Ls – Unsalted</i> Pineapple Tidbits Fresh Fruit Milk</p>	<p>25 Greek Pastitsio Italian Veg. Blend Turkey Meatballs/ Poultry Gravy Whipped Potatoes Country Veg. Blend WW Bread Margarine Mango Chunks Fresh Fruit Milk</p>	<p>26 Diced Pork / BBQ Sauce Sweet Potatoes Mixed Veggies Chicken Vegetable Orzo Soup Crackers <i>Db/Ls – Unsalted</i> Raisins Fresh Fruit Milk</p>	<p>27 Pot. Crusted Fish /Salvadorian Sauce Couscous Broccoli Diced Chicken/ Zesty Orange Sce Brown Rice Mexican Veggies Gelatin <i>Db/Ls – Diet Gelatin</i> Fruit Juice Fresh Fruit Milk</p>	<p>28 Meatloaf/ Brown Gravy Yukon Potatoes Diced Carrots Pasta Alfredo Green Peas Tropical Fruit Fresh Fruit Milk</p>	<p>29 Baked Chicken Breast with Shitake Sauce Curried lentils Country Veg Blend Denver Omelet Waffle Mandarin Oranges Pancake Syrup <i>Db/Ls: Diet Syrup</i> Margarine Diced Carrot Raisin Fresh Fruit/ Milk</p>
<p>30 Southwestern Chili Collard Greens Macaroni & Cheese Broccoli Corn Muffin Margarine Mandarin Oranges Fresh Fruit / Milk</p>	<p>31 Baked Chicken Breast/ Mango BBQ Sauce Sweet Potatoes Mixed Veggies Minestrone Soup WW Bread/ Marg. Crackers <i>(Db/Ls – Unsalted)</i> Fruit Juice Fresh Fruit Milk</p>	<p>August 1 Triple Stack Lasagna Beef Meat Sauce Whole Kernel Corn Green Beans Cheese Omelet O'Brien Potatoes Tropical Fruit Tossed Salad/ Ranch Dressing Fresh Fruit Milk</p>	<p>August 2 Salmon Patty/ Spiced Pear Chutney Herbed Rice Spinach Pork Rib Patty/ BBQ Sauce Country Veg. Blend Ranch Beans Bread/ Margarine Fruit Juice Fresh Fruit/ Milk</p>	<p>August 3 Sliced Beef/ Brown Gravy Yukon Potatoes Capri Veg. blend Sausage Patty Scrambled Eggs Waffles/ Syrup/ Marg. Pineapple Tidbits <i>Db/Ls-Diet Syrup</i> Cucumber Salad Fresh Fruit/ Milk</p>	<p>August 4 Baked Chicken/ Lemon Caper Sauce O'Brien Potatoes Winter Veggies Beef Barley Soup Corn Muffin/ Marg. Pudding <i>(Db/Ls (diet pud.)</i> Fresh Fruit X2 Milk</p>	<p>August 5 Diced Pork/ Sesame Sauce Brown Rice Diced Carrots Baked Chicken/ Basil Alfredo Sce. Penne Pasta Green Peas WW Bread/ Marg. Peaches Fresh Fruit Milk</p>

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