



**July 2019  
Hot/ Chilled Meal Plan**

**Menu is subject to change without**

| <b>Monday</b>  | <b>Tuesday</b>  | <b>Wednesday</b>  | <b>Thursday</b>  | <b>Friday</b>   | <b>Saturday</b>   | <b>Sunday</b>  |
|--|---|---|--|---|---|--|
| <b>2</b><br><b>Cheesy Bake</b><br>Green Beans<br><b>Greek Yogurt</b><br>Oatmeal<br>Muffin<br>Margarine<br>Edamame Corn Salad<br>Fresh Fruit X 2<br>Milk  | <b>3</b><br><b>Baked Chicken/ Ranchero Sauce</b><br>Scalloped Potatoes<br>Ca. Veg. Blend<br><b>Peanut Butter X3</b><br>Bread/Jelly X 2<br><u>Db/Ls – Diet Jelly</u><br>3 Bean Salad<br>Fruit Juice<br>Fresh Fruit<br>Milk | <b>4 Independence Day Holiday</b><br><b>Beef Stew w/ Root Vegetables</b><br>Parslied Potatoes<br>Mixed Veggies<br><b>Egg Salad</b><br>WW Bread<br>Carrot Raisin Salad<br>Fruit Juice<br>Fresh Fruit<br>Milk | <b>5</b><br><b>Pork Chile Verde</b><br>Brown Rice<br>Country Veg. Blend<br><br><b>Cottage Cheese</b><br>WW Bran Muffin<br>Margarine<br>Corn Lentil Salad<br>Tropical Fruit<br>Fresh Fruit<br>Milk  | <b>6</b><br><b>Salisbury Steak/ Brown Gravy</b><br>Diced Potatoes<br>Spinach<br><br><b>Chicken Salad</b><br>WW Bread<br>Chickepea Salad.<br>Raisins<br>Fresh Fruit<br>Milk                        | <b>7</b><br><b>Potato Crusted Fish</b><br>Herbed Rice<br>Wax Beans<br><b>Swiss Cheese</b><br>WW Bread<br>Mayo<br>Coleslaw<br>Tartar Sauce<br>Fresh Fruit<br>Fruit Juice/ Milk   | <b>8</b><br><b>Diced Chicken/ Basil Alfredo Sce</b><br>Penne Pasta<br>Green Peas<br>Diced Carrots<br><b>Tuna Salad</b><br>Hawaiian Mac Sld<br>Crackers/ Pudding<br><u>Db/Ls:Diet Pudding</u><br>Pineapple Tidbits<br>Fresh Fruit/ Milk |
| <b>9</b><br><b>Veggie Frittata</b><br>O'Brien Potatoes<br>Tropical Fruit<br><br><b>Greek Yogurt</b><br>Oatmeal<br>WG Blueberry Muffin<br>Margarine<br>Cucumber Salad<br>Pineapple Tidbits<br>Fresh Fruit<br>Milk | <b>10</b><br><b>Salmon Patty</b><br>Lemon Orzo<br>Green Peas<br><br><b>Swiss Cheese</b><br>WW Bread X2<br>Carrot Raisin Salad<br>Tartar Sauce<br>Fruit Juice<br>Fresh Fruit<br>Milk                                       | <b>11</b><br><b>Beef Taco</b><br>Garden Veggie Blend<br><br><b>Cranberry Chicken Salad</b><br>WW Bread X2<br>Super Food Slaw<br>Tortilla<br>Taco Sauce<br>Raisins<br>Fresh Fruit<br>Milk                    | <b>12</b><br><b>Chicken/ Pumpkin Seed Mole Sauce</b><br>Herbed Rice<br>Mixed Veggies<br><br><b>Peanut Butter X 3</b><br>Jelly X2<br><u>Db/Ls – diet jelly</u><br>WW Bread X2<br>Calif. Veg Salad<br>Pineapple Tidbits<br>Fresh Fruit<br>Milk | <b>13</b><br><b>Diced Pork/ Apricot Honey Sauce</b><br>Sweet Potatoes<br>Spinach<br><br><b>Hard Cooked Eggs X3</b><br>WW Bread X2<br>Mayo<br>Chickpea Salad<br>Fruit Juice<br>Fresh Fruit<br>Milk | <b>14</b><br><b>Diced Chicken/ Mild Green Curry Sauce</b><br>Herbed Rice<br>Capri Veggie Bld.<br><br><b>Tuna Mac Salad</b><br>Crackers X3<br>Corn Lentil Salad<br>Gelatin<br><u>(Db/Ls – diet gelatin)</u><br>Applesauce<br>Fresh Fruit/ Milk | <b>15</b><br><b>Hamburger</b><br>Baked Beans<br>Mixed Veggies<br><br><b>Cottage Cheese</b><br>WG Muffin Lettuce<br>Tomatoes<br>Hamburger Bun<br>Mayonnaise<br>Margarine<br>Peaches<br>Fresh Fruit<br>Milk                              |
| <b>16</b><br><b>Cannellini Bean Cacciatore</b><br>Quinoa<br>Winter Veg. Blend<br>Green Beans   | <b>17</b><br><b>Baked Chicken/ Cr. Dijon Sauce</b><br>Whipped Potatoes<br>Brussels Sprouts  | <b>18</b><br><b>Spaghetti w/ Meat Sauce</b><br>Mixed Veggies  | <b>19</b><br><b>Pollock/Vera Cruz Sauce</b><br>Herbed Rice<br>Broccoli   | <b>20</b><br><b>Baked Chicken/ Pesto Sauce</b><br>Rice Pilaf<br>Ca. Veg. Blend  | <b>21</b><br><b>Diced Pork/Red Mole Sauce</b><br>Sp. Rice/Beans<br>Fiesta Veg. Blend  | <b>22</b><br><b>Beef Stew</b><br>Yukon Potatoes<br>Green Peas<br>Baby Carrots  |

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**notice**

|  |   |   |   |   |  |  |
|--|---|---|---|---|--|--|
| <p><b>16</b><br/><b>Greek Yogurt</b><br/>Oatmeal<br/>WW Muffin<br/>Margarine<br/>Fruit Juice<br/>Fresh Fruit<br/>Milk</p>  | <p><b>17</b><br/><b>Peanut Butter X 3</b><br/>Jelly X 2<br/>WW Bread X2<br/>Super Food Slaw<br/>Fruit Juice<br/>Fresh Fruit<br/>Milk</p>  | <p><b>18</b><br/><b>Tuna Salad</b><br/>WW Bread X2<br/>Caesar Salad/<br/>Ranch Dressing<br/>Raisins<br/>Fresh Fruit<br/>Milk</p>  | <p><b>19</b><br/><b>Swiss Cheese</b><br/>WW Bread X2<br/>Mayonnaise<br/>German Coleslaw<br/>Tropical Fruit<br/>Fresh Fruit<br/>Milk</p>   | <p><b>20</b><br/><b>Egg Salad</b><br/>WW Bread X2<br/>Cucumber Salad<br/>Fruit Juice<br/>Fresh Fruit<br/>Milk</p>   | <p><b>21</b><br/><b>Cottage Cheese</b><br/>WG Muffin/ Marg.<br/>Diced Carrot/Lentil<br/>P/A Tidbits<br/>Pudding<br/><u>(Db/Ls – Diet)</u><br/>Banana/ Milk</p>   | <p><b>22</b><br/><b>Cranberry<br/>Chicken Salad</b><br/>Pita Bread<br/>Spiced Pears<br/>Fresh Fruit<br/>Milk</p>   |
| <p><b>23</b><br/><b>Veg. Enchilada<br/>Bake</b><br/>Garden Veg Blend<br/>X 2</p> <p><b>Greek Yogurt</b><br/>Oatmeal<br/>WW Muffin<br/>Corn/Bean Salad<br/>Fruit Cocktail<br/>Fresh Fruit/ Milk</p>       | <p><b>24</b><br/><b>Diced Chicken/<br/>Thai Curry Coco Sc</b><br/>Rice<br/>Whole Kernel Corn<br/>Oriental Veg. Blend</p> <p><b>Cottage Cheese</b><br/>Bagel<br/>Cream Cheese<br/>Pineapple Tidbits<br/>Fresh Fruit<br/>Milk</p> | <p><b>25</b><br/><b>Greek Pastitsio</b><br/>Italian Veg. Blend</p> <p><b>Egg Salad</b><br/>WW Bread X2<br/>Tomato/ Cucumber<br/>Salad<br/>Fruit Juice<br/>Fresh Fruit<br/>Milk</p>  | <p><b>26</b><br/><b>Diced Pork/<br/>BBQ Sauce</b><br/>Sweet Potatoes<br/>Mixed Veggie</p> <p><b>Chicken Salad</b><br/>WW Bread X2<br/>Broccoli/Cauliflower<br/>Salad<br/>Raisins<br/>Fresh Fruit<br/>Milk</p>                 | <p><b>27</b><br/><b>Pot. Crusted Fish<br/>/Salvadorian Sauce</b><br/>Couscous<br/>Broccoli</p> <p><b>Peanut Butter X 3</b><br/>Jelly X 2<br/><u>Db/Ls – Diet Jelly</u><br/>WW Bread X2<br/>Tuscan Bean Salad<br/>Fruit Cocktail/Gelatin<br/><u>Db/Ls – Diet Gelatin</u><br/>Fresh Fruit/ Milk</p> | <p><b>28</b><br/><b>Meatloaf/ Brown<br/>Gravy</b><br/>Yukon Potatoes<br/>Diced Carrots</p> <p><b>Swiss Cheese</b><br/>WW Bread X2<br/>Mayonnaise<br/>Corn &amp; Lentil<br/>Salad<br/>Fruit Juice<br/>Fresh Fruit<br/>Milk</p>                              | <p><b>29</b><br/><b>Baked Chicken<br/>Breast with<br/>Shitake Sauce</b><br/>Curried Lentils<br/>Country Veg Blend</p> <p><b>Tuna Salad</b><br/>WW Bread X2<br/>Carrot Raisin<br/>Salad<br/>Tropical Fruit<br/>Fresh Fruit<br/>Milk</p>               |
| <p><b>30</b><br/><b>Southwestern<br/>Chili</b><br/>Collard Greens</p> <p><b>Greek Yogurt</b><br/>Oatmeal<br/>Corn Muffin<br/>Carrot/Corn Salad<br/>Margarine<br/>Tropical Fruit<br/>Peaches<br/>Milk</p> | <p><b>31</b><br/><b>Baked Chicken<br/>Breast/ Mango<br/>BBQ Sauce</b><br/>Sweet Potatoes<br/>Mixed Veggies</p> <p><b>Swiss Cheese</b><br/>WW Bread X2<br/>Mayonnaise<br/>3 Bean Salad<br/>Fruit Juice<br/>Fresh Fruit/ Milk</p> | <p><b>August 1</b><br/><b>Triple Stack<br/>Lasagna</b><br/>Beef Meat Sauce<br/>Whole Kernel Corn<br/>Green Beans<br/><b>Hard Ckd Eggs X3</b><br/>WW Bread X2<br/>Mayonnaise<br/>Herbed Potato<br/>Salad<br/>Raisins<br/>Fresh Fruit/ Milk</p> | <p><b>August 2</b><br/><b>Salmon Patty/<br/>Spiced Pear<br/>Chutney</b><br/>Herbed Rice<br/>Spinach</p> <p><b>Chicken Salad</b><br/>Pita Bread<br/>Lentil and Carrot<br/>Salad<br/>Mandarin Oranges<br/>Fresh Fruit/ Milk</p> | <p><b>August 3</b><br/><b>Sliced Beef/ Brown<br/>Gravy</b><br/>Yukon Potatoes<br/>Capri Veg. blend</p> <p><b>Cheddar Cheese</b><br/>WW Bread X2<br/>Mayonnaise<br/>Tuscan Bean Salad<br/>Fruit Juice<br/>Fresh Fruit<br/>Milk</p>   | <p><b>August 4</b><br/><b>Baked Chicken/<br/>Lemon Caper<br/>Sauce</b><br/>O'Brien Potatoes<br/>Winter Veggies<br/><b>Egg Salad</b><br/>WW Bread X2<br/>German Coleslaw<br/>Pudding<br/><u>(Db/Ls (diet pud)</u><br/>Fresh Fruit<br/>P/A Tidbits/ Milk</p> | <p><b>August 5</b><br/><b>Diced Pork/<br/>Sesame Sauce</b><br/>Brown Rice<br/>Diced Carrots</p> <p><b>Peanut Butter X 3</b><br/>Jelly X 2<br/><u>Db/Ls – Diet Jelly</u><br/>WW Bread X2<br/>Cucumber Salad<br/>Fruit Juice<br/>Fresh Fruit/ Milk</p> |

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