



**June 2019
Frozen Meal Plan**

Menu is subject to change without notice

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
3 Veggie Frittata O'Brien Potatoes Tropical Fruit Quinoa Pepper Bowl Italian Veg. Blend Broccoli Fresh Fruit Milk	4 Baked Pollock/ Dill Sauce Lemon Orzo Green Peas Salisbury Steak/ Brown Gravy Yukon Potatoes Green Beans WW Muffin Margarine Fruit Juice Fresh Fruit Milk	5 Hamburger Baked Beans Mixed Veggies Tortellini Tomato Spinach Soup Lettuce Tomato Hamburger Bun Mayonnaise Crackers <u>Db/Ls- Unsalted</u> Super Food Slaw Raisins Fresh Fruit Milk	6 Chicken/ Pumpkin Seed Mole Sauce Herbed Rice Mixed Veggies Beef Meatballs/ Br. Butter Sauce Egg Noodles Diced Carrots Pineapple Tidbits Fresh Fruit Milk	7 Diced Pork/Apricot Honey Sauce Sweet Potatoes Spinach Chicken Gumbo Brown Rice Margarine Fresh Fruit X 2 Milk	8 Diced Chicken/ Curry Sauce Herbed Rice Capri Veg. Blend Scrambled Eggs Hash Browns Tropical Fruit Carrot Raisin Sld. Gelatin <u>(Db/Ls – Diet Gelatin)</u> Fresh Fruit Milk	9 Beef Taco Garden Veggie Blend Chicken Chilaquilles Squash/Corn/ Tomato Tortilla Taco Sauce Fresh Fruit Juice Milk
10 Cannellini Bean Cacciatore Quinoa Winter Veg. Blend Green Beans Egg Patty Veg. Sausage Patty WW Engl. Muffin Tropical Fruit Fresh Fruit Milk	11 Baked Chicken/ Cr. Dijon Sauce Whipped Potatoes Brussels Sprouts Diced Pork/ Sweet Thai Chili Sauce Parslied Br. Rice Capri Veggie Blend Pineapple Tidbits Fresh Fruit Milk	12 SPECIAL DELIVERY Spaghetti w/ Meat Sauce Mixed Veggies Chicken Wild Rice Soup WW Bread Margarine Caesar Salad/ Dressing Fruit Juice Fresh Fruit Milk	13 Pollock/Vera Cruz Sauce Herbed Rice Broccoli Turkey Chili Country Veggies Corn Muffin Crackers Margarine Raisins Fresh Fruit Milk	14 Baked Chicken Breast/ Pesto Sauce Rice Pilaf Ca. Veg. Blend Beef Stroganoff Egg Noodles Green Peas Cucumber Salad Peaches Fresh Fruit Milk	15 Diced Pork/Red Mole Sauce Sp. Rice/Beans Fiesta Veg. Blend Chicken Noodle Soup Crackers <u>Db/Ls – Unsalted</u> <u>(Diet Pudding)</u> Fruit Juice Fresh Fruit Milk	16 Beef Stew Yukon Potatoes Green Peas Baby Carrots Breakfast Burrito Sl. Monterey Jack Cheese Tropical Fruit WG Muffin Margarine Fresh Fruit Milk

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>17 Staff Training Office Closed Veg. Enchilada Bake Garden Veg Blend X 2</p> <p>Scrambled Eggs O'Brien Potatoes Peaches Tom/Cucumber Salad WG Muffin Margarine Fresh Fruit Milk</p>	<p>18 Diced Chicken/ Thai Curry Coco Sauce Rice Whole Kernel Corn Oriental Veg. Blend</p> <p>Lentil & Garbanzo Bean Soup Crackers <u>Db/Ls – Unsalted</u> Pineapple Tidbits Fresh Fruit Milk</p>	<p>19 Greek Pastitsio Italian Veg. Blend</p> <p>Turkey Meatballs/ Poultry Gravy Whipped Potatoes Country Veg. Blend WW Bread Margarine Mango Chunks Fresh Fruit/ Milk</p>	<p>20 Diced Pork / BBQ Sauce Sweet Potatoes Mixed Veggies</p> <p>Chicken Vegetable Orzo Soup Crackers <u>Db/Ls – Unsalted</u> Raisins Fresh Fruit Milk</p>	<p>21 Pot. Crusted Fish /Salvadorian Sauce Couscous Broccoli</p> <p>Diced Chicken/ Zesty Orange Sce Brown Rice Mexican Veggies Gelatin <u>Db/Ls – Diet Gelatin</u> Fruit Juice Fresh Fruit Milk</p>	<p>22 Meatloaf/ Brown Gravy Yukon Potatoes Diced Carrots</p> <p>Pasta Alfredo Green Peas</p> <p>Tropical Fruit Fresh Fruit Milk</p>	<p>23 Baked Chicken Breast with Shitake Sauce Curried lentils Country Veg Blend</p> <p>Denver Omelet Waffle Mandarin Oranges Pancake Syrup <u>Db/Ls: Diet Syrup</u> Margarine Carrot Raisin Salad Fresh Fruit Milk</p>
<p>24 Southwestern Chili Collard Greens</p> <p>Macaroni & Cheese Broccoli Corn Muffin Margarine Mandarin Oranges Fresh Fruit Milk</p>	<p>25 Baked Chicken Breast/ Mango BBQ Sauce Sweet Potatoes Mixed Veggies</p> <p>Minestrone Soup WW Bread Crackers <u>(Db/Ls – Unsalted)</u> Margarine Fruit Juice Fresh Fruit Milk</p>	<p>26 Holiday Delivery Triple Stack Lasagna Beef Meat Sauce Whole Kernel Corn Green Beans</p> <p>Cheese Omelet O'Brien Potatoes Tropical Fruit</p> <p>Tossed Salad/ Ranch Dressing Fresh Fruit Milk</p>	<p>27 Salmon Patty/ Spiced Pear Chutney Herbed Rice Spinach</p> <p>Pork Rib Patty/ BBQ Sauce Country Veg. Blend Ranch Beans WW Bread Margarine Fruit Juice Fresh Fruit Milk</p>	<p>28 Sliced Beef /Brown Gravy Yukon Potatoes Capri Veg. blend</p> <p>Sausage Patty Scrambled Eggs Waffles Pineapple Tidbits Pancake Syrup <u>Db/Ls-Diet Syrup</u> Margarine Cucumber Salad Fresh Fruit Milk</p>	<p>29 Baked Chicken/ Lemon Caper Sauce O'Brien Potatoes Winter Veggies</p> <p>Beef Barley Soup Corn Muffin Margarine Pudding <u>(Db/Ls (diet Pudding)</u> Fresh Fruit X 2 Milk</p>	<p>30 Diced Pork/ Sesame Sauce Brown Rice Diced Carrots</p> <p>Baked Chicken/ Basil Alfredo Sauce Penne Pasta Green Peas WW Bread Margarine Peaches Fresh Fruit Milk</p>

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