

June 2019
Hot Chilled Meal Plan

Menu is subject to change without notice

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<p>3 Veggie Frittata O'Brien Potatoes Tropical Fruit</p> <p>Greek Yogurt Oatmeal WG Blueberry Muffin Margarine Cucumber Salad Pineapple Tidbits Fresh Fruit Milk</p>	<p>4 Baked Pollock/ Dill Sauce Lemon Orzo Green Peas</p> <p>Swiss Cheese WW Bread X2 Mayonnaise Kidney Bean Salad Fruit Juice Fresh Fruit Milk</p>	<p>5 Hamburger Baked Beans Mixed Veggies</p> <p>Cranberry Chicken Salad WW Bread X2 Super Food Slaw Lettuce Tomatoes Hamburger Bun Mayonnaise Raisins Fresh Fruit Milk</p>	<p>6 Chicken/ Pumpkin Seed Mole Sauce Herbed Rice Mixed Veggies</p> <p>Peanut Butter X 3 Jelly X2 <u>Db/Ls – diet jelly</u> WW Bread X2 Calif. Veg Salad Pineapple Tidbits Fresh Fruit Milk</p>	<p>7 Diced Pork/ Apricot Honey Sauce Sweet Potatoes Spinach</p> <p>Hard Cooked Eggs X3 WW Bread X2 Mayo Chickpea Salad Fruit Juice Fresh Fruit Milk</p>	<p>8 Diced Chicken/ Mild Green Curry Sauce Herbed Rice Capri Veggie Bld.</p> <p>Tuna Mac Salad Crackers X3 Corn Lentil Salad Gelatin <u>(Db/Ls – diet gelatin)</u> Applesauce Fresh Fruit Milk</p>	<p>9 Beef Taco Garden Veggie Blend</p> <p>Cottage Cheese WG Muffin Margarine Tortilla Picante Sauce Peaches Fresh Fruit Milk</p>
<p>10 SPECIAL DELIVERY Cannellini Bean Cacciatore Quinoa Winter Veg. Blend Green Beans</p> <p>Greek Yogurt Oatmeal WW Muffin Margarine Fruit Juice Fresh Fruit Milk</p>	<p>11 Baked Chicken/ Cr. Dijon Sauce Whipped Potatoes Brussels Sprouts</p> <p>Peanut Butter X 3 Jelly X 2 WW Bread X2 Super Food Slaw Fruit Juice Fresh Fruit Milk</p>	<p>12 Spaghetti w/ Meat Sauce Mixed Veggies</p> <p>Tuna Salad WW Bread X2 Caesar Salad/ Ranch Dressing Raisins Fresh Fruit Milk</p>	<p>13 Pollock/Vera Cruz Sauce Herbed Rice Broccoli</p> <p>Egg Salad WW Bread X2 Mayonnaise German Coleslaw Tropical Fruit Fresh Fruit Milk</p>	<p>14 Baked Chicken/ Pesto Sauce Rice Pilaf Ca. Veg. Blend</p> <p>Swiss Cheese WW Bread X2 Cucumber Salad Fruit Juice Fresh Fruit Milk</p>	<p>15 Diced Pork/Red Mole Sauce Sp. Rice/Beans Fiesta Veg. Blend</p> <p>Cottage Cheese WG Muffin Margarine Diced Carrot/Lentil Salad Pudding <u>(Db/Ls – Diet Pudding).</u> P/A Tidbits Banana Milk</p>	<p>16 Beef Stew Yukon Potatoes Green Peas Baby Carrots</p> <p>Cranberry Chicken Salad Pita Bread Spiced Pears Fresh Fruit Milk</p>

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

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