



**June 2021 to August 2021  
Frozen Meal Plan**

**Please Note – Menu items are subject to change without notice due to availability  
MOWSF provides 1 serving of Beverage Mix & Milk daily 415-920-1111 | MOWSF.ORG**

| <b>SUNDAY</b><br>May 30, Jul 4 <sup>1</sup> , Aug 8  | <b>MONDAY</b><br>May 31, Jul 5, Aug 9   | <b>TUESDAY</b><br>Jun 1, Jul 6, Aug 10  | <b>WEDNESDAY</b><br>Jun 2, Jul 7, Aug 11   | <b>THURSDAY</b><br>Jun 3, Jul 8, Aug 12   | <b>FRIDAY</b><br>Jun 4, Jul 9, Aug 13   | <b>SATURDAY</b><br>Jun 5, Jul 10, Aug 14  |
|--|---|---|--|---|---|---|
| <p><b>Cheese Ravioli with Marinara Sauce and Parmesan Cheese</b><br/>Italian Vegetables<br/>Fresh Fruit<br/>Muffin</p> <p><b>Pork w Sesame Ginger Sauce on White Rice</b><br/>Mixed Vegetables &amp; Spinach<br/>WW Bread w Margarine<br/>Fresh Fruit</p>            | <p><b>Turkey Carnitas with Spanish Rice and Tortilla</b><br/>Sour Cream<br/>Fajita Vegetables &amp; Kale<br/>Flour Tortilla<br/>Fresh Fruit</p> <p><b>Omelet with Peppers and Cheddar Cheese</b><br/>O'Brien Potatoes<br/>Garden Vegetables<br/>WW Bread w Margarine<br/>Seasonal Fresh Fruit</p> | <p><b>Chicken Parmesan with Marinara Sauce</b><br/>Radiatore Pasta<br/>Italian Vegetables &amp; Spinach<br/>Crackers* w Margarine<br/>Fresh Fruit</p> <p><b>Butternut Squash Soup</b><br/>Broccoli Edamame Salad<br/>Muffin w Margarine<br/>Fresh Fruit</p>                     | <p><b>Egg Patty with Turkey Sausage and Potatoes</b><br/>Enchilada Sauce &amp; Cheese<br/>Mixed Vegetables<br/>Seasonal Fresh Fruit<br/>Fruit Juice</p> <p><b>Beef Masala with Rice Pilaf</b><br/>Green Peas &amp; Carrots<br/>WW Bread w Margarine<br/>Banana</p>         | <p><b>Breaded Fish Sticks with Tartar Sauce</b><br/>Diced Potatoes<br/>Country Vegetables<br/>Fresh Fruit</p> <p><b>Chicken Tortilla Soup</b><br/>Black Beans<br/>Southwest Vegetables<br/>Fresh Fruit</p>  | <p><b>Turkey Jambalaya with Cajun Tomato Sauce</b><br/>Brown Rice<br/>Garden Vegetables<br/>Collard Greens<br/>Fresh Fruit<br/>Muffin with Margarine</p> <p><b>Southwest Chili</b><br/>Brown Rice<br/>Spinach<br/>Muffin w Margarine<br/>Fresh Fruit</p>                        | <p><b>Thai Curried Chicken</b><br/>Brown Rice<br/>Vegetables w Corn &amp; Kale<br/>Fresh Fruit<br/>Pudding**<br/>Crackers* w Margarine</p> <p><b>Mongolian Beef and Mushrooms</b><br/>Jasmine Rice<br/>Broccoli<br/>Fresh Fruit</p>   |
| <b>Jun 6, Jul 11, Aug 15</b>   | <b>Jun 7, Jul 12, Aug 16</b>  | <b>Jun 8, Jul 13, Aug 17</b>  | <b>Jun 9, Jul 14, Aug 18</b>   | <b>Jun 10, Jul 15, Aug 19</b>   | <b>Jun 11, Jul 16, Aug 20</b>   | <b>Jun 12, Jul 17, Aug 21</b>   |
| <p><b>California Patty with Swiss Cheese</b><br/>Vegetable Gravy<br/>Orzo Pilaf<br/>Southwest Vegetables<br/>Italian Vegetables<br/>Seasonal Fresh Fruit</p> <p><b>BBQ Pork Rib Patty</b><br/>Sweet Potatoes and Garden Vegetables<br/>Fresh Fruit<br/>Margarine</p> | <p><b>Chicken Patty with Lemon Caper Sauce</b><br/>Farro<br/>Mixed Vegetables &amp; Kale<br/>Fresh Fruit<br/>Fruit Juice<br/>Crackers* w Margarine</p> <p><b>Eggs with Turkey Sausage</b><br/>Mixed Vegetables<br/>Garden Vegetables<br/>Fresh Fruit<br/>Prune Juice</p>                          | <p><b>Beef Enchilada with Cheese and Sour Cream</b><br/>Cilantro Brown Rice<br/>Fajita Vegetables<br/>Fresh Fruit<br/>Muffin</p> <p><b>Broccoli Cheese Soup</b><br/>Garden Vegetables<br/>Crackers * w Margarine<br/>Seasonal Fresh Fruit</p>                                   | <p><b>Egg Patty with Potatoes and Bacon Crumbles</b><br/>Garden Vegetables<br/>WW Bread w Margarine<br/>Seasonal Fresh Fruit</p> <p><b>Turkey Florentine</b><br/>on Radiatore Pasta<br/>Spinach &amp; Mixed Vegetables<br/>Muffin w Margarine<br/>Margarine<br/>Banana</p> | <p><b>Beef Sloppy Joe</b><br/>On a Dinner Roll<br/>Swiss Chard<br/>Tri-Colored Carrots<br/>Seasonal Fresh Fruit</p> <p><b>Chicken and Ditalini Noodle Soup</b><br/>Capri Vegetables<br/>WW Bread w Margarine<br/>Fresh Fruit</p>                                  | <p><b>Baked Cod with Dill Sauce</b><br/>Quinoa<br/>Collard Greens<br/>Garden Vegetables<br/>Muffin w Margarine<br/>Fresh Fruit &amp; Fruit Juice</p> <p><b>Pork Stroganoff</b><br/>On Rigatoni Pasta w Mixed Vegetables &amp; Kale<br/>WW Bread w Margarine<br/>Fresh Fruit</p> | <p><b>Chicken Teriyaki</b><br/>Brown Rice<br/>Mixed Vegetables &amp; Spinach<br/>Pudding**<br/>Seasonal Fresh Fruit<br/>Crackers* w Margarine</p> <p><b>Salisbury Steak with Onion Mushroom Gravy</b><br/>Mashed Potatoes<br/>Peas &amp; Carrots &amp; Swiss Chard<br/>Seasonal Fresh Fruit<br/>Prune Juice</p> |
| <b>Jun 13, Jul 18, Aug 22</b>  | <b>Jun 14, Jul 19, Aug 23</b>   | <b>Jun 15, Jul 20, Aug 24</b>   | <b>Jun 16, Jul 21, Aug 25</b>  | <b>Jun 17, Jul 22, Aug 26</b>   | <b>Jun 18, Jul 23, Aug 27</b>   | <b>Jun 19, Jul 24, Aug 28</b>   |
| <p><b>Stir Fried Tofu</b><br/>Egg Noodles<br/>Vegetables &amp; Spinach<br/>Fresh Fruit<br/>Pudding**<br/>Muffin</p> <p><b>Pork with Apricot Sauce</b><br/>Quinoa Tabouli<br/>Collard Greens<br/>Capri Vegetables<br/>Seasonal Fresh Fruit<br/>Fruit Juice</p>        | <p><b>Japanese Curried Chicken</b><br/>White Rice<br/>Stir Fry Vegetables<br/>Swiss Chard<br/>Fresh Fruit<br/>Muffin</p> <p><b>Pancakes with Turkey Sausage</b><br/>Maple Syrup** &amp; Margarine<br/>Capri Vegetables<br/>Fresh Fruit</p>  | <p><b>Chicken Chilaquiles with Tortilla Chips &amp; Sauce</b><br/>Mixed Vegetables &amp; Broccoli<br/>Seasonal Fresh Fruit<br/>Low Sodium V8 Juice<br/>Crackers* w Margarine</p> <p><b>Carrot Ginger Soup</b><br/>Three Bean Salad<br/>WW Bread w Margarine<br/>Fresh Fruit</p> | <p><b>Mushroom &amp; Cheese Omelet</b><br/>Diced Potatoes w Margarine<br/>Fajita Vegetables<br/>Seasonal Fresh Fruit<br/>Fruit Juice</p> <p><b>Vegan Jerk "Chicken" with Plantains &amp; Collard Greens</b><br/>Black Beans<br/>Margarine<br/>Banana</p>                   | <p><b>Potato-Crusted Pollock with Roasted Garlic Cream</b><br/>Bulgur Wheat<br/>Green Beans &amp; Carrots<br/>Fresh Fruit<br/>Crackers* w Margarine</p> <p><b>Minestrone Soup with Beef and Ditalini Pasta</b><br/>Crackers *<br/>Fresh Fruit<br/>Prune Juice</p> | <p><b>Beef &amp; White Bean Ragù</b><br/>Brown Rice<br/>Carrots &amp; Kale<br/>Fresh Fruit<br/>Low Sodium V8 Juice<br/>Fruit Juice</p> <p><b>Chicken Marinara on Bow Tie Pasta</b><br/>Italian Vegetables<br/>Swiss Chard<br/>Margarine<br/>Fresh Fruit</p>                     | <p><b>Pork with Honey Mustard Sauce</b><br/>Diced Potatoes<br/>Mix Vegetables &amp; Spinach<br/>Low Sodium V8 Juice<br/>Pudding**<br/>Fresh Fruit<br/>Prune Juice</p> <p><b>Shepherd's Pie with Beef</b><br/>Mashed Potato &amp; Gravy<br/>Capri Vegetables<br/>Fresh Fruit</p>                                 |

| SUNDAY<br>Jun 20, Jul 25, Aug 29   | MONDAY<br>Jun 21, Jul 26, Aug 30   | TUESDAY<br>Jun 22, Jul 27, Aug 31   | WEDNESDAY<br>Jun 23, Jul 28, Sep 1   | THURSDAY<br>Jun 24, Jul 29, Sep 2  | FRIDAY<br>Jun 25, Jul 30, Sep 3  | SATURDAY<br>May 29, July 3, August 7   |
|--|--|---|--|--|--|--|
| <b>Shrimp Alfredo</b><br>Penne Pasta<br>Carrots & Broccoli<br>Seasonal Fresh Fruit<br><br><b>Chicken Chow Mein</b><br>Egg Noodles<br>Stir Fry Vegetables<br>Spinach<br>Fresh Fruit<br>Fruit Juice  | <b>Beef &amp; Vegetable Stew</b><br>Garden Vegetables<br>Collard Greens<br>Dinner Roll w Margarine<br>Fresh Fruit<br>Fruit Juice<br><br><b>Waffles with Turkey Sausage</b><br>Mixed Vegetables<br>Fresh Fruit<br>Crackers*<br>Banana Nut Muffin    | <b>Chicken Adobo</b><br>Brown Rice<br>Mixed Vegetables<br>Swiss Chard<br>Fresh Fruit<br>Fruit Juice<br>Muffin<br><br><b>Vegetarian Gumbo with Vegan 'Chicken'</b><br>Three Bean Salad<br>Fruit Juice            | <b>Cheese Omelet with Turkey Sausage</b><br>Sweet Potatoes<br>Mixed Vegetables & Carrots<br>Crackers*<br>Seasonal Fresh Fruit<br><br><b>Cheese Tortellini with Pesto Sauce</b><br>Italian Vegetables<br>Crackers * w Margarine<br>Banana | <b>Macaroni and Cheese</b><br>Country Vegetables<br>Fresh Fruit<br>Muffin w Margarine<br><br><b>Creamy Turkey and Potato Soup</b><br>Collard Greens<br>Margarine<br>Fresh Fruit  | <b>Armenian Beef and Eggplant Casserole with Vegetable &amp; Tomato Sauce</b><br>WW Bread w Margarine<br>Fresh Fruit<br><br><b>Blackened Cod with Farro and Capri Vegetables</b><br>Muffin<br>Margarine<br>Fresh Fruit | <b>Baked Cod with Chimichurri Sauce</b><br>Orzo Pilaf<br>Fajita Vegetables & Kale<br>Fresh Fruit<br>Banana Nut Muffin<br><br><b>Beef Burgundy with Red Potatoes and Country Vegetables and Spinach</b><br>WW Bread w Margarine<br>Fruit Juice          |
| Jun 27, Aug 1, Sep 5   | Jun 28, Aug 2, Sep 6   | Jun 29, Aug 3, Sep 7  | Jun 30, Aug 4, Sep 8   | Jul 1, Aug 5, Sep 9  | Jul 2, Aug 6, Sep 10   | Jul 3, Aug 7, Sep 11   |
| <b>Beef with Spiced Lentils and Spinach</b><br>Quinoa Tabouli<br>Butternut Squash<br>Fresh Fruit<br>Margarine<br><br><b>Pork w Soy Citrus Glaze</b><br>Cilantro Brown Rice<br>Garden Vegetables<br>Crackers * w Margarine<br>Fresh Fruit | <b>Vegan "Chicken" Fajitas</b><br>White Rice & Refried Beans<br>Fajita Vegetables<br>Swiss Chard<br>Flour Tortilla<br>Muffin<br>Fresh Fruit<br><br><b>Cheddar Cheese Omelet Tator Tots &amp; Vegetables</b><br>WW Bread w Margarine<br>Fresh Fruit | <b>Salmon Cakes</b><br>Cilantro Brown Rice<br>Black Beans<br>Mixed Vegetables<br>Collard Greens<br>Fresh Fruit<br>Muffin w Margarine<br><br><b>Cream of Mushroom Soup</b><br>Ginger Carrot Salad<br>Fresh Fruit | <b>Eggs with Cheese Turkey Sausage Patty</b><br>Roasted Potatoes<br>Garden Vegetable<br>Seasonal Fresh Fruit<br>Fruit Juice<br><br><b>Beef Teriyaki with Broccoli and Egg Noodles</b><br>Country Vegetables & Kale<br>Banana             | <b>Potato-Crusted Pollock Roasted Garlic Sauce</b><br>Orzo Pilaf<br>Mixed Vegetables & Kale<br>Fresh Fruit<br>Margarine<br><br><b>Tomato and Spinach Soup Chicken &amp; Tortellini Pasta</b><br>Southwest Salad<br>Fresh Fruit<br>Margarine<br>Fruit Juice | <b>Pork with Tomato Pan Fry Sauce</b><br>Swiss Chard<br>Fresh Fruit<br>Pudding**<br><br><b>Turkey Ham and Black Beans with Country Vegetables and Potatoes</b><br>Muffin w Margarine<br>Fresh Fruit                    | <b>Chicken with Mandarin Orange Sauce</b><br>Egg Noodles<br>Mixed Vegetables & Spinach<br>Fresh Fruit<br>Crackers* w Margarine<br><br><b>Beef Marsala with Green Pea Pilaf and Tri Colored Carrots</b><br>WW Bread w Margarine<br>Seasonal Fresh Fruit |

**<sup>1</sup>HOLIDAY MEAL  
4<sup>th</sup> of July: Sunday, July 4<sup>th</sup>**

- BBQ Pork with Succotash
- Coleslaw
- Potato Salad
- Jello Dessert\*\*



**Information on the Daily Beverage Mix Packet:**

Did you know the white drink packet with your meals contains vitamins and minerals?  
This sugar-free powdered drink mix contains the following % Daily Value:

- 25% Calcium, 100% Vitamin C, 35% Vitamin B<sub>12</sub>, 23% Vitamin D<sub>3</sub>, 50% Vitamin E



***Clients on a Mechanical Soft Diet will receive diced or ground meat and soft fruits in place of whole proteins and whole fruits. This diet also meets the standards of a Low Sodium/Diabetic Diet.***

Our menu meets 2/3 dietary reference intake DRI for all target nutrients except for Magnesium and Potassium. MOWSF dietitians will provide nutrition education handout to ensure you are meeting your daily Magnesium 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.

\*Diabetic/Low Sodium Diet – Low Sodium  
\*\* Diabetic/Low Sodium Diet – Sugar Free