



**June 2021 to August 2021
Hot 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**

SUNDAY May 30, Jul 4 ¹ , Aug 8	MONDAY May 31, Jul 5, Aug 9	TUESDAY Jun 1, Jul 6, Aug 10	WEDNESDAY Jun 2, Jul 7, Aug 11	THURSDAY Jun 3, Jul 8, Aug 12	FRIDAY Jun 4, Jul 9, Aug 13	SATURDAY Jun 5, Jul 10, Aug 14
<p>Cheese Ravioli with Marinara Sauce and Parmesan Cheese Italian Vegetables Fresh Fruit Muffin</p> <p>Greek Yogurt Quinoa Salad WW Bread Seasonal Fresh Fruit Fruit Juice</p>	<p>Turkey Carnitas with Spanish Rice & Tortilla Fajita Vegetables & Kale Fresh Fruit Sour Cream</p> <p>Peanut Butter & Jelly** WW Bread Russian Beet Salad Seasonal Fresh Fruit Fruit Juice</p>	<p>Chicken Parmesan with Marinara Sauce Radiatore Pasta Italian Vegetables & Spinach Crackers* w Margarine Fresh Fruit</p> <p>Turkey & Swiss Cheese Sandwich w WW Bread Mustard & Mayonnaise Carrot Ginger Raisin Seasonal Fresh Fruit</p>	<p>Egg Patty with Turkey Sausage and Potatoes Enchilada Sauce & Cheese Mixed Vegetables Seasonal Fresh Fruit Fruit Juice</p> <p>Cottage Cheese Broccoli Edamame Salad Fresh Fruit Banana Crackers* w Margarine</p>	<p>Breaded Fish Sticks with Tartar Sauce Diced Potatoes Country Trio Vegetables Fresh Fruit</p> <p>Tuna Salad WW Bread Garden Salad Seasonal Fresh Fruit Low Sodium V8 Juice Fruit Juice</p>	<p>Turkey Jambalaya with Cajun Tomato Sauce Brown Rice Garden Vegetables Collard Greens Fresh Fruit Muffin w Margarine</p> <p>Hummus WW Bread Spinach & Kale Salad Seasonal Fresh Fruit</p>	<p>Thai Curried Chicken Brown Rice Vegetables w Corn & Kale Fresh Fruit pudding** Crackers* w Margarine</p> <p>Hard Cooked Eggs WW Bread Mayonnaise Three Bean Salad Seasonal Fresh Fruit Prune Juice</p>
Jun 6, Jul 11, Aug 15	Jun 7, Jul 12, Aug 16	Jun 8, Jul 13, Aug 17	Jun 9, Jul 14, Aug 18	Jun 10, Jul 15, Aug 19	Jun 11, Jul 16, Aug 20	Jun 12, Jul 17, Aug 21
<p>California Patty with Swiss Cheese Vegetable Gravy Orzo Pilaf Southwest Vegetables Italian Vegetables Seasonal Fresh Fruit</p> <p>Cottage Cheese Southwest Salad Muffin w Margarine Seasonal Fresh Fruit</p>	<p>Chicken Patty with Lemon Caper Sauce Farro Mixed Vegetables & Kale Fresh Fruit Fruit Juice Crackers* w Margarine</p> <p>Chicken Salad WW Bread Russian Beet Salad Seasonal Fresh Fruit Fruit Juice</p>	<p>Beef Enchilada with Cheese and Sour Cream Cilantro Brown Rice Fajita Vegetables Fresh Fruit Muffin</p> <p>Greek Yogurt Oatmeal WW Bread Garden Salad Seasonal Fresh Fruit</p>	<p>Egg Patty with Potatoes and Bacon Crumbles Garden Vegetables WW Bread w Margarine Seasonal Fresh Fruit</p> <p>Tuna Salad WW Bread Ginger Carrot Salad Seasonal Fresh Fruit</p>	<p>Beef Sloppy Joe On a Dinner Roll Swiss Chard Tri-Colored Carrots Seasonal Fresh Fruit</p> <p>Turkey & Swiss Cheese Sandwich w WW Bread Mustard & Mayonnaise Broccoli Edamame Salad Fresh Fruit</p>	<p>Baked Cod with Dill Sauce Quinoa Collard Greens Garden Vegetables Muffin w Margarine Fresh Fruit & Fruit Juice</p> <p>Hard Cooked Eggs WW Bread, Margarine Mayonnaise Creamy Coleslaw Seasonal Fresh Fruit Prune Juice</p>	<p>Chicken Teriyaki Brown Rice Mixed Vegetables & Spinach pudding** Seasonal Fresh Fruit Crackers* w Margarine</p> <p>Hummus WW Bread Three Bean Salad Seasonal Fresh Fruit</p>
Jun 13, Jul 18, Aug 22	Jun 14, Jul 19, Aug 23	Jun 15, Jul 20, Aug 24	Jun 16, Jul 21, Aug 25	Jun 17, Jul 22, Aug 26	Jun 18, Jul 23, Aug 27	Jun 19, Jul 24, Aug 28
<p>Stir Fried Tofu Egg Noodles Vegetables & Spinach Fresh Fruit pudding** Muffin</p> <p>Greek Yogurt Oatmeal WW Bread w Margarine Ginger Carrot Salad Crackers*, Margarine Seasonal Fresh Fruit</p>	<p>Japanese Curried Chicken White Rice Stir Fry Vegetables Swiss Chard Fresh Fruit Muffin</p> <p>Peanut Butter & Jelly** WW Bread Quinoa Salad Seasonal Fresh Fruit Prune Juice</p>	<p>Chicken Chilaquiles with Tortilla Chips & Sauce Mixed Vegetables & Broccoli Seasonal Fresh Fruit Low Sodium V8 Juice Crackers* w Margarine</p> <p>Turkey & Swiss Cheese Sandwich w WW Bread Mustard & Mayonnaise Creamy Coleslaw Fresh Fruit Fruit Juice</p>	<p>Mushroom & Cheese Omelet Diced Potatoes w Margarine Fajita Vegetables Seasonal Fresh Fruit Fruit Juice</p> <p>Hummus WW Bread Three Bean Salad Seasonal Fresh Fruit</p>	<p>Potato-Crusted Pollock with Roasted Garlic Cream Bulgur Wheat Green Beans & Carrots Fresh Fruit Crackers* w Margarine</p> <p>Chicken Salad WW Bread, Margarine Garden Salad Crackers* Seasonal Fresh Fruit Fruit Juice</p>	<p>Beef & White Bean Ragu Brown Rice Carrots & Kale Fresh Fruit Low Sodium V8 Juice Fruit Juice</p> <p>Cottage Cheese Broccoli Edamame Salad WW Bread Fresh Fruit</p>	<p>Pork with Honey Mustard Sauce Diced Potatoes Mix Vegetables & Spinach Low Sodium V8 Juice pudding** Fresh Fruit Prune Juice</p> <p>Tuna Salad Southwest Salad Seasonal Fresh Fruit Crackers*</p>

SUNDAY Jun 20, Jul 25, Aug 29	MONDAY Jun 21, Jul 26, Aug 30	TUESDAY Jun 22, Jul 27, Aug 31	WEDNESDAY Jun 23, Jul 28, Sep 1	THURSDAY Jun 24, Jul 29, Sep 2	FRIDAY Jun 25, Jul 30, Sep 3	SATURDAY Jun 26, Jul 31, Sep 4
Shrimp Alfredo Penne Pasta Carrots & Broccoli Seasonal Fresh Fruit Cottage Cheese Three Bean Salad Crackers* & Margarine Fresh Fruit Fruit Juice	Beef & Vegetable Stew Garden Vegetables Collard Greens Dinner Roll w Margarine Fresh Fruit Fruit Juice Chicken Salad WW Bread Southwest Salad Seasonal Fresh Fruit	Chicken Adobo Brown Rice Mixed Vegetables Swiss Chard Fresh Fruit Fruit Juice Muffin Hard Cooked Eggs Three Bean Salad WW Bread w Mayonnaise Seasonal Fresh Fruit Low Sodium V8 Juice	Cheese Omelet with Turkey Sausage Sweet Potatoes Mixed Vegetables & Carrots Crackers* Seasonal Fresh Fruit Hummus Crackers* Russian Beet Salad Seasonal Fresh Fruit	Macaroni and Cheese Country Vegetables Fresh Fruit Muffin w Margarine Turkey & Swiss Cheese Sandwich w WW Bread Mustard & Mayonnaise Spinach & Kale Salad Fresh Fruit Fruit Juice	Armenian Beef and Eggplant Casserole with Vegetable & Tomato Sauce WW Bread w Margarine Fresh Fruit Tuna Salad WW Bread Carrot Ginger Raisin Salad Seasonal Fresh Fruit	Baked Cod with Chimichurri Sauce Orzo Pilaf Fajita Vegetables & Kale Fresh Fruit Banana Nut Muffin Peanut Butter & Jelly WW Bread Broccoli Edamame Salad, Seasonal Fresh Fruit 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
Beef with Spiced Lentils and Spinach Quinoa Tabouli Butternut Squash Fresh Fruit Margarine Greek Yogurt Oatmeal Broccoli Edamame Carrot Salad Seasonal Fresh Fruit	Vegan “Chicken” Fajitas White Rice & Refried Beans Fajita Vegetables Swiss Chard Flour Tortilla Muffin Fresh Fruit Hummus WW Bread Garden Salad Seasonal Fresh Fruit	Salmon Cakes Cilantro Brown Rice Black Beans Mixed Vegetables Collard Greens Fresh Fruit Muffin & Margarine Sliced Turkey & Cheese WW Bread Mustard & Mayonnaise Russian Beet Salad Seasonal Fresh Fruit	Eggs with Cheese & Turkey Sausage Patty Roasted Potatoes Garden Vegetable Seasonal Fresh Fruit Fruit Juice Tuna Salad Crackers* w Margarine Creamy Coleslaw Seasonal Fresh Fruit Prune Juice	Potato-Crusted Pollock Roasted Garlic Sauce Orzo Pilaf Mixed Vegetables & Kale Fresh Fruit Margarine Peanut Butter & Jelly** WW Bread Chinese Chicken Salad Seasonal Fresh Fruit Fruit Juice	Pork with Tomato Pan Fry Sauce Swiss Chard Fresh Fruit Pudding** Hard Cooked Eggs Three Bean Salad WW Bread Mayonnaise Seasonal Fresh Fruit	Chicken with Mandarin Orange Sauce Egg Noodles Mixed Vegetables & Spinach Fresh Fruit Crackers* w Margarine Chicken Salad WW Bread, Margarine Southwest Salad Seasonal Fresh Fruit

**¹HOLIDAY MEAL
4th of July: Sunday, July 4th**

- 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 B₁₂, 23% Vitamin D₃, 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