



August 2022 to November 2022
 MOWSF provides 1 serving of Beverage Mix, Milk and 2 Fruits Daily. Condiments & Juices are not listed

Please Note – Menu items are subject to change without notice due to availability

415-920-1111 | MOWSF.ORG

Hot Meal Plan

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|---|--|--|--|---|---|---|
| Aug 14, Sep 18, Oct 23 | Aug 15, Sep 19, Oct 24 | Aug 16, Sep 20, Oct 25 | Aug 17, Sep 21, Oct 26 | Aug 18, Sep 22, Oct 27 | Aug 19, Sep 23, Oct 28 | Aug 20, Sep 24, Oct 29 |
| Cheese Ravioli with Marinara Sauce and Meatballs with Italian Vegetables and a Greek Yogurt Tuna Nicoise Salad Chickpeas, Quinoa and Beans | Chicken Mole with Spanish Rice, Kale, Black Beans and Sour Cream Cottage Cheese and Tabouli Salad with Lemon Cumin Dressing | Chicken Parmesan with Marinara Sauce, Radiatore Pasta, Italian Vegetables and Brussels Sprouts Roast Beef Sandwich with Garden Vegetables and a Muffin | Scrambled Egg & Cheese Omelette with Enchilada Sauce, Skillet Browned Potatoes and Mixed Seasonal Vegetables Southwest Beef Salad with Rice and Black Beans | Breaded Fish Filet with Mashed Potatoes, Minted Peas and Tartar Sauce Oatmeal Breakfast with Honey & Greek Yogurt, Fruit Cup and Edamame Carrot Salad | Pasture Raised Pork Jambalaya on Spanish Rice with Collard Greens and Corn Muffin Beef and Glass Noodle Salad with Soy Lime Dressing, Pudding ** | Thai Curried Chicken on Brown Rice with Kale and Far East Vegetables Greek Pasta Salad with Tuna and Feta Cheese, Pudding ** |
| Aug 21, Sep 25, Oct 30 | Aug 22, Sep 26, Oct 31 | Aug 23, Sep 27, Nov 1 | Aug 24, Sep 28, Nov 2 | Aug 25, Sep 29, Nov 3 | Aug 26, Sep 30, Nov 4 | Aug 27, Oct 1, Nov 5 |
| Vegetarian 'Beef' Tagine with Peas & Carrots served on Morrocan Couscous Chef Salad with Farro and Seasonal Greens | Breaded Chicken with Roasted Garlic Cream Sauce on Kale and Farro with Seasonal Vegetables Shrimp Salad with Bulgur Wheat and Lemon Tarragon Dressing | Chicken Enchilada with Sour Cream and Fajita Mixed Vegetables Egg Salad with Curried Sweet Potatoes and Chickpeas, Dinner Roll | Scrambled Egg and Bacon Omelette with Roasted Potatoes and Garden Vegetables Waldorf Chicken Salad with Apples, Walnuts, Raisins and Celery | Chili Colorado made with Pasture Raised Beef served with Spanish Rice, Refried Beans, Sunshine Carrots and Sour Cream Ranch Chicken Salad with Tri-Colored Pasta, Mixed Greens | Baked Cod with Dill Sauce served on Quinoa and Collard Greens with Garden Vegetables and Muffin Gochucjang Chicken Salad with Brown Rice | Teriyaki Chicken with Brown Rice, Spinach and Eastern Mixed Vegetables Tuna Nicoise Salad with Chickpeas, Quinoa and Beans |
| Aug 28, Oct 2, Nov 6 | Aug 29, Oct 3, Nov 7 | Aug 30, Oct 4, Nov 8 | Aug 31, Oct 5, Nov 9 | Sep 1, Oct 6, Nov 10 | Sep 2, Oct 7, Nov 11 | Sep 3, Oct 8, Nov 12 |
| Shrimp and Chicken Fried Rice with West Coast Vegetables Turkey Sandwich with Coleslaw | Japanese Curried Chicken and Vegetables with White Rice and Brussels Sprouts and a Greek Yogurt Mediterranean Falafel Salad with Tzatziki | Chilaquiles with Tortilla Chips and Chicken Smothered in Enchilada Sauce with Garden Vegetables Roast Beef Sandwich with Garden Vegetables and a Muffin | Mushroom and Cheese Omelette with Turkey Sausage, Roasted Potatoes and Fajita Vegetables Thai Chicken Salad with Sesame Sunflower Noodles | Potato Crusted Fish Filet with Roasted Garlic Cream on Rice Pilaf Green Beans and Mixed Vegetables Southwest Beef Salad with Rice and Black Beans | Chicken Marinara on BowTie Pasta with Italian Vegetables and Brussels Sprouts Greek Pasta Salad with Tuna and Feta Cheese, Pudding ** | Marin Pork with Honey Dijon Sauce, Roasted Potatoes, Spinach & Capri Vegetables Waldorf Chicken Salad with Apples, Walnuts, Raisins and Celery |



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| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|---|--|---|---|--|---|---|
| Sep 4, Oct 9, Nov 13 | Sep 5, Oct 10, Nov 14 | Sep 6, Oct 11, Nov 15 | Sep 7, Oct 12, Nov 16 | Sep 8, Oct 13, Nov 17 | Sep 9, Oct 14, Nov 18 | Sep 10, Oct 15, Nov 19 |
| Creamy Shrimp Alfredo with Parmesan Cheese on Penne Pasta with Broccoli Gochujang Chicken Salad with Brown Rice | French Toast with Fruit Compote and Scrambled Eggs Egg Salad with Curried Sweet Potatoes and Chickpeas, Dinner Roll | Chicken Adobo on Egg Noodles with Garden Vegetables and Brussels Sprouts Cottage Cheese and Tabouli Salad with Lemon Cumin Dressing | Omelette with Bacon, Sweet Potatoes and Winter Vegetables Turkey Sandwich with Coleslaw | Meatloaf with Onion Mushroom Gravy, Creamy Mashed Potatoes, Carrots and Broccoli Beef and Glass Noodle Salad with Soy Lime Dressing, Pudding ** | Macaroni and Cheese with Spinach and Country Vegetables Ranch Chicken Salad with Tri-Colored Pasta, Mixed Greens | Baked Cod with Tuscan Vegetable Vinaigrette, Yellow Corn Polenta & Capri Vegetables with Kale and Pudding** Oatmeal Breakfast with Honey & Greek Yogurt and Fruit Cup and Edamame Carrot Salad |
| Sep 11, Oct 16, Nov 20 | Sep 12, Oct 17, Nov 21 | Sep 13, Oct 18, Nov 22 | Sep 14, Oct 19, Nov 23 | Sep 15, Oct 20, Nov 24 | Sep 16, Oct 21, Nov 25 | Sep 17, Oct 22, Nov 26 |
| Southwest Chicken with Rice, Refried Beans, Fajita Vegetables and Sour Cream Tuna Nicoise Salad with Chickpeas, Quinoa and Beans | Chicken with Moroccan Spiced Spinach & Lentils on Rice Pilaf, and a Greek Yogurt Shrimp Salad with Bulgur Wheat and Lemon Tarragon Dressing | Salmon with Lemon Caper Sauce, Quinoa, Collard Greens and Tuscan Vegetables Egg Salad with Curried Sweet Potatoes and Chickpeas, Dinner Roll | Scrambled Eggs with Cheddar Cheese, Roasted Potatoes and Garden Vegetables and Muffin Thai Chicken Salad with Sesame Sunflower Noodles | Savory Pork & Tomato on Brown Rice with Spinach and Country Vegetables Mediterranean Falafel Salad with Tzatziki | Ratatouille with Fish, Chicken and Navy Beans and a Greek Yogurt, Pudding** Southwest Beef Salad with Rice and Black Beans | Mandarin Orange Chicken with Chow Mein Noodles, Spinach and Eastern Mixed Vegetables Greek Pasta Salad with Tuna and Feta Cheese, Pudding ** |

Would you like to speak to a registered dietitian nutritionist?

Our registered dietitians are food and nutrition experts and would be happy to discuss how food can improve your health and well-being.

Our dietitians Nancy, Charles, and Carolyn are available Monday to Friday from 9:00AM to 4:00PM. Call them at 415-920-1111.

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 Dental Soft Diet will receive chopped, diced, or strips of meat and soft fruits or fruit cups in place of whole proteins and whole fruits. This diet also meets the standards of a Low Sodium/Diabetic Diet.

*Diabetic/Low Sodium Diet – Low Sodium

** Diabetic/Low Sodium Diet – Sugar Free