



**Frozen Meal Plan**

**May 2022 to August 2022**

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

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

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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
May 1, Jun 5, Jul 10	May 2, Jun 6, Jul 11	May 3, Jun 7, Jul 12	May 4, Jun 8, Jul 13	May 5, Jun 9, Jul 14	May 6, Jun 10, Jul 15	May 7, Jun 11, Jul 16
<p>Cheese Ravioli with Marinara Sauce and Meatballs with Italian Vegetables, and a Greek Yogurt</p> <p>Local Pasture Raised Pork with Ginger Scallion Sauce and White Rice, Spinach and Mixed Vegetables</p>	<p>Chicken Mole with Spanish Rice, Kale, Black Beans and Sour Cream</p> <p>Pepper &amp; Cheddar Cheese Omelette, Skillet Browned Potatoes, Garden Vegetables</p>	<p>Chicken Parmesan with Marinara Sauce, Radiatore Pasta, Italian Vegetables and Brussels Sprouts</p> <p>Butternut Squash Soup, Broccoli Edamame Salad and a Cottage Cheese</p>	<p>Scrambled Egg &amp; Cheese Omelette with Enchilada Sauce, Skillet Browned Potatoes and Mixed Seasonal Vegetables</p> <p>Masala Curried Beef with Rice Pilaf, Collard Greens and Sunshine Carrots</p>	<p>Breaded Fish Filet with Mashed Potatoes, Minted Peas and Tartar Sauce</p> <p>Sherri Lynn's Chicken Black Bean Soup with Cheddar Cheese and Santa Fe Salad</p>	<p>Pasture Raised Pork Jambalaya on Spanish Rice with Collard Greens and a Corn Muffin</p> <p>Southwest Vegetarian Chili with Cheddar Cheese on Brown Rice and Spinach</p>	<p>Thai Curried Chicken on Brown Rice with Kale and Far East Vegetables</p> <p>'Stir Fry' Marin Beef and Broccoli with Crimini Mushrooms on Jasmine Rice, and a Pudding **</p>
May 8, Jun 12, Jul 17	May 9, Jun 13, Jul 18	May 10, Jun 14, Jul 19	May 11, Jun 15, Jul 20	May 12, Jun 16, Jul 21	May 13, Jun 17, Jul 22	May 14, Jun 18, Jul 23
<p>Vegetarian 'Beef' Tagine on Moroccan Couscous with Peas &amp; Carrots</p> <p>Barbequed Locally Raised Pork with Sweet Potatoes, Seasonal Vegetables and a Corn Muffin</p>	<p>Breaded Chicken Breast with Roasted Garlic Cream Sauce on Kale and Farro with Seasonal Vegetables</p> <p>Scrambled Egg Omelette with Turkey Sausage and Mixed Vegetables</p>	<p>Chicken Enchilada with Sour Cream and Fajita Mixed Vegetables</p> <p>Broccoli Cheese Soup, Side Salad and Banana Muffin</p>	<p>Scrambled Egg and Bacon Omelette with Roasted Potatoes and Garden Vegetables</p> <p>Chicken Florentine on Radiatore Pasta with Brussels Sprouts and Zucchini, and a Greek Yogurt</p>	<p>Chili Colorado made with Pasture Raised Beef served with Spanish Rice, Refried Beans, Sunshine Carrots and Sour Cream</p> <p>Home Style Chicken Noodle Soup and Capri Vegetables</p>	<p>Baked Cod with Dill Sauce served on Quinoa and Collard Greens with Garden Vegetables and a Muffin</p> <p>Pork Stroganoff with Rigatoni Pasta, Italian Vegetables and Kale</p>	<p>Teriyaki Chicken with Brown Rice, Spinach and Eastern Mixed Vegetables</p> <p>Salisbury Steak with Onion Mushroom Gravy, Mashed Potatoes and Brussel Sprouts</p>
May 15, Jun 19, Jul 24	May 16, Jun 20, Jul 25	May 17, Jun 21, Jul 26	May 18, Jun 22, Jul 27	May 19, Jun 23, Jul 28	May 20, Jun 24, Jul 29	May 21, Jun 25, Jul 30
<p>Shrimp and Chicken Fried Rice with West Coast Vegetables</p> <p>Minestrone Soup with Marin Beef and Ditalini Pasta</p>	<p>Japanese Curried Chicken and Vegetables with White Rice and Brussels Sprouts, and a Greek Yogurt</p> <p>Oatmeal with Fruit Compote, Scrambled Eggs &amp; Turkey Sausage and Garden Vegetable Salad</p>	<p>Chilaquiles with Tortilla Chips, Chicken and Garden Vegetables Smothered in Enchilada Sauce</p> <p>Locally Raised Pork served with Chile Verde, White Rice, Black Beans, Spinach and Baja Vegetables, garnished with Sour Cream</p>	<p>Mushroom and Cheese Omelette with Turkey Sausage, Roasted Potatoes and Fajita Vegetables</p> <p>Shepherd's Pie Made with Local Beef, Mashed Potatoes and Covered with Mushroom Gravy, Capri Vegetables, Pudding**</p>	<p>Potato Crusted Fish Filet with Roasted Garlic Cream on Rice Pilaf Green Beans and Mixed Vegetables</p> <p>Curried Carrot Soup with Bacon Crumbles and Three Bean Salad</p>	<p>Locally Raised Beef and White Bean Ragu with Carrots and Kale</p> <p>Chicken Marinara on Bow Tie Pasta with Italian Vegetables and Brussels Sprouts</p>	<p>Marin Pork with Dijon Mustard Sauce, Roasted Potatoes, Spinach &amp; Capri Vegetables</p> <p>Hungarian Beef Goulash with Spaetzle and Collard Greens</p>



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May 22, Jun 26, Jul 31	May 23, Jun 27, Aug 1	May 24, Jun 28, Aug 2	May 25, Jun 29, Aug 3	May 26, Jun 30, Aug 4	May 27, Jul 1, Aug 5	May 28, Jul 2, Aug 6
Creamy Shrimp Alfredo with Parmesan Cheese on Penne Pasta with Broccoli  Chicken Chow Mein with Spinach and Eastern Mixed Vegetables	Local Beef and Garden Vegetable Stew with West Coast Vegetables, Collard Greens and a Dinner Roll  French Toast with Fruit Compote and Scrambled Eggs	Chicken Adobo on Egg Noodles with Garden Vegetables and Brussels Sprouts  Cod Creole with Farro and Broccoli Florets, Corn Muffin	Omelette with Bacon, Sweet Potatoes and Winter Vegetables  Chicken and Vegetable Gumbo on Brown Rice with Collard Greens and Garden Vegetables, Cottage Cheese	Meatloaf with Onion Mushroom Gravy, Mashed Potatoes, Carrots and Broccoli  Creamy Potato Soup with Chicken, Collard Greens and Cheddar Cheese, Three Bean Salad	Macaroni and Cheese with Spinach and Country Vegetables  Locally Raised Beef with Burgundy Sauce on Mashed Potatoes Broccoli Cauliflower Salad and a Greek Yogurt	Baked Cod with Tuscan Vegetable Vinaigrette, Yellow Corn Polenta, Capri Vegetables and Kale, Pudding**  Cheese Tortellini and Meatballs with Pesto Sauce and Italian Vegetables
May 29, Jul 3, Aug 7	May 30, Jul 4, Aug 8	May 31, Jul 5, Aug 9	Jun 1, Jul 6, Aug 10	Jun 2, Jul 7, Aug 11	Jun 3, Jul 8, Aug 12	Jun 4, Jul 9, Aug 13
Southwest Chicken with Rice, Refried Beans, Fajita Vegetables and Sour Cream  Soy & Citrus Glazed Pasture Raised Pork with Cilantro Brown Rice and West Coast Vegetables	Chicken with Moroccan Spiced Spinach & Lentils on Rice Pilaf, and a Greek Yogurt  Cheddar Cheese Omelette with Hashed Brown Potatoes and Country Vegetables	Salmon with Lemon Caper Sauce, Quinoa, Collard Greens and Tuscan Vegetables  Cream of Chicken and Mushroom Soup, Edamame Carrot Salad	Scrambled Eggs with Cheddar Cheese, Roasted Potatoes, Garden Vegetables and a Muffin  Beef Teriyaki with Egg Noodles, Broccoli and Country Vegetables	Savory Tomato Pork on Brown Rice with Spinach and Country Vegetables  New England Clam Chowder with Oyster Crackers and a Side Salad	Ratatouille with Shrimp, Chicken and White Beans, Greek Yogurt  Roast Chicken with Savory Gravy, Mashed Potatoes and Santa Fe Vegetables	Mandarin Orange Chicken with Chow Mein Noodles, Spinach and Eastern Mixed Vegetables  Beef Marsala with Green Pea Pilaf and Sunshine Carrots

**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:

- 20% Calcium, 66% Vitamin C, 82% Vitamin B12, 23% Vitamin D3, 73% 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