



May 2022 to August 2022

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

Hot Meal Plan

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

415-920-1111 | MOWSF.ORG

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>Tuna Nicoise Salad Chickpeas, Quinoa and Beans</p>	<p>Chicken Mole with Spanish Rice, Kale, Black Beans and Sour Cream</p> <p>Cottage Cheese and Tabouli Salad with Lemon Cumin Dressing</p>	<p>Chicken Parmesan with Marinara Sauce, Radiatore Pasta, Italian Vegetables and Brussels Sprouts</p> <p>Roast Beef Sandwich with Garden Vegetables and a Muffin</p>	<p>Scrambled Egg & Cheese Omelette with Enchilada Sauce, Skillet Browned Potatoes and Mixed Seasonal Vegetables</p> <p>Southwest Beef Salad with Rice and Black Beans</p>	<p>Breaded Fish Filet with Mashed Potatoes, Minted Peas and Tartar Sauce</p> <p>Oatmeal Breakfast with Honey & Greek Yogurt, Fruit Cup and Edamame Carrot Salad</p>	<p>Pasture Raised Pork Jambalaya on Spanish Rice with Collard Greens and Corn Muffin</p> <p>Beef and Glass Noodle Salad with Soy Lime Dressing, Pudding **</p>	<p>Thai Curried Chicken on Brown Rice with Kale and Far East Vegetables</p> <p>Greek Pasta Salad with Tuna and Feta Cheese, 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 with Peas & Carrots served on Moroccan Couscous</p> <p>Chef Salad with Farro and Seasonal Greens</p>	<p>Breaded Chicken with Roasted Garlic Cream Sauce on Kale and Farro with Seasonal Vegetables</p> <p>Shrimp Salad with Bulgur Wheat and Lemon Tarragon Dressing</p>	<p>Chicken Enchilada with Sour Cream and Fajita Mixed Vegetables</p> <p>Egg Salad with Curried Sweet Potatoes and Chickpeas, Dinner Roll</p>	<p>Scrambled Egg and Bacon Omelette with Roasted Potatoes and Garden Vegetables</p> <p>Waldorf Chicken Salad with Apples, Walnuts, Raisins and Celery</p>	<p>Chili Colorado made with Pasture Raised Beef served with Spanish Rice, Refried Beans, Sunshine Carrots and Sour Cream</p> <p>Ranch Chicken Salad with Tri-Colored Pasta, Mixed Greens</p>	<p>Baked Cod with Dill Sauce served on Quinoa and Collard Greens with Garden Vegetables and Muffin</p> <p>Gochujang Chicken Salad with Brown Rice</p>	<p>Teriyaki Chicken with Brown Rice, Spinach and Eastern Mixed Vegetables</p> <p>Tuna Nicoise Salad with Chickpeas, Quinoa and Beans</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>Turkey Sandwich with Coleslaw</p>	<p>Japanese Curried Chicken and Vegetables with White Rice and Brussels Sprouts and a Greek Yogurt</p> <p>Mediterranean Falafel Salad with Tzatziki</p>	<p>Chilaquiles with Tortilla Chips and Chicken Smothered in Enchilada Sauce with Garden Vegetables</p> <p>Roast Beef Sandwich with Garden Vegetables and a Muffin</p>	<p>Mushroom and Cheese Omelette with Turkey Sausage, Roasted Potatoes and Fajita Vegetables</p> <p>Thai Chicken Salad with Sesame Sunflower Noodles</p>	<p>Potato Crusted Fish Filet with Roasted Garlic Cream on Rice Pilaf Green Beans and Mixed Vegetables</p> <p>Southwest Beef Salad with Rice and Black Beans</p>	<p>Chicken Marinara on Bow Tie Pasta with Italian Vegetables and Brussels Sprouts</p> <p>Greek Pasta Salad with Tuna and Feta Cheese, Pudding **</p>	<p>Marin Pork with Honey Dijon Sauce, Roasted Potatoes, Spinach & Capri Vegetables</p> <p>Waldorf Chicken Salad with Apples, Walnuts, Raisins and Celery</p>



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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
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	French Toast with Fruit Compote and Scrambled Eggs	Chicken Adobo on Egg Noodles with Garden Vegetables and Brussels Sprouts	Omelette with Bacon, Sweet Potatoes and Winter Vegetables	Meatloaf with Onion Mushroom Gravy, Creamy Mashed Potatoes, Carrots and Broccoli	Macaroni and Cheese with Spinach and Country Vegetables	Baked Cod with Tuscan Vegetable Vinaigrette, Yellow Corn Polenta & Capri Vegetables with Kale and Pudding**
Gochujang Chicken Salad with Brown Rice	Egg Salad with Curried Sweet Potatoes and Chickpeas, Dinner Roll	Cottage Cheese and Tabouli Salad with Lemon Cumin Dressing	Turkey Sandwich with Coleslaw	Beef and Glass Noodle Salad with Soy Lime Dressing, Pudding **	Ranch Chicken Salad with Tri-Colored Pasta, Mixed Greens	Oatmeal Breakfast with Honey & Greek Yogurt and Fruit Cup and Edamame Carrot Salad
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	Chicken with Moroccan Spiced Spinach & Lentils on Rice Pilaf, and a Greek Yogurt	Salmon with Lemon Caper Sauce, Quinoa, Collard Greens and Tuscan Vegetables	Scrambled Eggs with Cheddar Cheese, Roasted Potatoes and Garden Vegetables and Muffin	Savory Pork & Tomato on Brown Rice with Spinach and Country Vegetables	Ratatouille with Fish, Chicken and Navy Beans and a Greek Yogurt, Pudding**	Mandarin Orange Chicken with Chow Mein Noodles, Spinach and Eastern Mixed Vegetables
Tuna Nicoise Salad with Chickpeas, Quinoa and Beans	Shrimp Salad with Bulgur Wheat and Lemon Tarragon Dressing	Egg Salad with Curried Sweet Potatoes and Chickpeas, Dinner Roll	Thai Chicken Salad with Sesame Sunflower Noodles	Mediterranean Falafel Salad with Tzatziki	Southwest Beef Salad with Rice and Black Beans	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:

- 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