



**San Mateo County**

**August 2022 to November 2022**

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

MOWSF provides Milk and Fruit Daily. Condiments & Juices are not listed 415-920-1111 | MOWSF.ORG

**Frozen Meal Plan**

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Jul 31, Sep 4, Oct 9	Aug 1, Sep 5, Oct 10	Aug 2, Sep 6, Oct 11	Aug 3, Sep 7, Oct 12	Aug 4, Sep 8, Oct 13	Aug 5, Sep 9, Oct 14	Aug 6, Sep 10, Oct 15
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, Mashed Potatoes, Carrots and Broccoli	Macaroni and Cheese with Spinach and Country Vegetables	Baked Cod with Tuscan Vegetable Vinaigrette, Yellow Corn Polenta, Capri Vegetables and Kale, Pudding**
Aug 7, Sep 11, Oct 16	Aug 8, Sep 12, Oct 17	Aug 9, Sep 13, Oct 18	Aug 10, Sep 14, Oct 19	Aug 11, Sep 15, Oct 20	Aug 12, Sep 16, Oct 21	Aug 13, Sep 17, Oct 22
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, Garden Vegetables, and Muffin	Savory Tomato Pork on Brown Rice with Spinach and Country Vegetables	Ratatouille with Shrimp, Chicken and White Beans, Greek Yogurt	Mandarin Orange Chicken with Chow Mein Noodles, Spinach and Eastern Mixed Vegetables
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	Chicken Mole with Spanish Rice, Kale, Black Beans and Sour Cream	Chicken Parmesan with Marinara Sauce, Radiatore Pasta, Italian Vegetables and Brussels Sprouts	Scrambled Egg & Cheese Omelette with Enchilada Sauce, Skillet Browned Potatoes and Mixed Seasonal Vegetables	Breaded Fish Filet with Mashed Potatoes, Minted Peas and Tartar Sauce	Pasture Raised Pork Jambalaya on Spanish Rice with Collard Greens and a Corn Muffin	Thai Curried Chicken on Brown Rice with Kale and Far East Vegetables
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 on Moroccan Couscous with Peas & Carrots	Breaded Chicken breast with Roasted Garlic Cream Sauce on Kale and Farro with Seasonal Vegetables	Chicken Enchilada with Sour Cream and Fajita Mixed Vegetables	Scrambled Egg and Bacon Omelette with Roasted Potatoes and Garden Vegetables	Chili Colorado made with Pasture Raised Beef served with Spanish Rice, Refried Beans, Sunshine Carrots and Sour Cream	Baked Cod with Dill Sauce served on Quinoa and Collard Greens with Garden Vegetables and a Muffin	Teriyaki Chicken with Brown Rice, Spinach and Eastern Mixed Vegetables
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	Japanese Curried Chicken and Vegetables with White Rice and Brussels Sprouts, and a Greek Yogurt	Chilaquiles with Tortilla Chips, Chicken and Garden Vegetables Smothered in Enchilada Sauce	Mushroom and Cheese Omelette with Turkey Sausage, Roasted Potatoes and Fajita Vegetables	Potato Crusted Fish Filet with Roasted Garlic Cream on Rice Pilaf Green Beans and Mixed Vegetables	Chicken Marinara on BowTie Pasta with Italian Vegetables and Brussels Sprouts	Marin Pork with Dijon Mustard Sauce, Roasted Potatoes, Spinach & Capri Vegetables

Our menu meets 1/3 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 Office On Aging of the County of San Mateo for their support of our program.

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