



**September to December 2021  
Frozen 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 Sep 12, Oct 17, Nov 21	MONDAY Sep 13, Oct 18, Nov 22	TUESDAY Sep 14, Oct 19, Nov 23	WEDNESDAY Sep 15, Oct 20, Nov 24	THURSDAY Sep 16, Oct 21, Nov 25 <sup>1</sup>	FRIDAY Sep 17, Oct 22, Nov 26	SATURDAY Sep 18, Oct 23, Nov 27
<p><b>Cheese Ravioli with Marinara Sauce and Parmesan Cheese</b> Italian Vegetables Fresh Fruit Muffin</p> <p><b>Pork w Sesame Ginger Sauce on White Rice</b> Mixed Vegetables &amp; Spinach WW Bread w Margarine Fresh Fruit</p>	<p><b>Turkey Carnitas with Spanish Rice and Tortilla</b> Sour Cream Fajita Vegetables &amp; Kale Flour Tortilla Fresh Fruit</p> <p><b>Omelet with Peppers and Cheddar Cheese</b> O'Brien Potatoes Garden Vegetables WW Bread w Margarine Seasonal Fresh Fruit</p>	<p><b>Chicken Parmesan with Marinara Sauce</b> Radiator Pasta Italian Vegetables &amp; Spinach Crackers* w Margarine Fresh Fruit</p> <p><b>Butternut Squash Soup</b> Broccoli Edamame Salad Muffin w Margarine Fresh Fruit</p>	<p><b>Egg Patty with Turkey Sausage and Potatoes</b> Enchilada Sauce &amp; Cheese Mixed Vegetables Seasonal Fresh Fruit Fruit Juice</p> <p><b>Beef Masala with Rice Pilaf</b> Green Peas &amp; Carrots WW Bread w Margarine Banana</p>	<p><b>Breaded Fish Sticks with Tartar Sauce</b> Diced Potatoes Country Vegetables Fresh Fruit</p> <p><b>Chicken Tortilla Soup</b> Black Beans Southwest Vegetables Fresh Fruit</p>	<p><b>Turkey Jambalaya with Cajun Tomato Sauce</b> Brown Rice Garden Vegetables Collard Greens Fresh Fruit Muffin with Margarine</p> <p><b>Southwest Chili</b> Brown Rice Spinach Muffin w Margarine Fresh Fruit</p>	<p><b>Thai Curried Chicken</b> Brown Rice Vegetables w Corn &amp; Kale Fresh Fruit Pudding** Crackers* w Margarine</p> <p><b>Mongolian Beef and Mushrooms</b> Jasmine Rice Broccoli Fresh Fruit</p>
Sep 19, Oct 24, Nov 28	Sep 20, Oct 25, Nov 29	Sep 21, Oct 26, Nov 30	Sep 22, Oct 27, Dec 1	Sep 23, Oct 28, Dec 2	Sep 24, Oct 29, Dec 3	Sep 25, Oct 30, Dec 4
<p><b>California Patty with Swiss Cheese</b> Vegetable Gravy Orzo Pilaf Southwest Vegetables Italian Vegetables Seasonal Fresh Fruit</p> <p><b>BBQ Pork Rib Patty</b> Sweet Potatoes and Garden Vegetables Fresh Fruit Margarine</p>	<p><b>Chicken Patty with Lemon Caper Sauce</b> Farro Mixed Vegetables &amp; Kale Fresh Fruit Fruit Juice Crackers* w Margarine</p> <p><b>Eggs with Turkey Sausage</b> Mixed Vegetables Garden Vegetables Fresh Fruit Prune Juice</p>	<p><b>Beef Enchilada with Cheese and Sour Cream</b> Cilantro Brown Rice Fajita Vegetables Fresh Fruit Muffin</p> <p><b>Broccoli Cheese Soup</b> Garden Vegetables Crackers * w Margarine Seasonal Fresh Fruit</p>	<p><b>Egg Patty with Potatoes and Bacon Crumbles</b> Garden Vegetables WW Bread w Margarine Seasonal Fresh Fruit</p> <p><b>Turkey Florentine</b> on Radiatore Pasta Spinach &amp; Mixed Vegetables Muffin w Margarine Margarine Banana</p>	<p><b>Beef Sloppy Joe</b> On a Dinner Roll Swiss Chard Tri-Colored Carrots Seasonal Fresh Fruit</p> <p><b>Chicken and Ditalini Noodle Soup</b> Capri Vegetables WW Bread w Margarine Fresh Fruit</p>	<p><b>Baked Cod with Dill Sauce</b> Quinoa Collard Greens Garden Vegetables Muffin w Margarine Fresh Fruit &amp; Fruit Juice</p> <p><b>Pork Stroganoff</b> On Rigatoni Pasta w Mixed Vegetables &amp; Kale WW Bread w Margarine Fresh Fruit</p>	<p><b>Chicken Teriyaki</b> Brown Rice Mixed Vegetables &amp; Spinach Pudding** Seasonal Fresh Fruit Crackers* w Margarine</p> <p><b>Salisbury Steak with Onion Mushroom Gravy</b> Mashed Potatoes Peas &amp; Carrots &amp; Swiss Chard Seasonal Fresh Fruit Prune Juice</p>
Sep 26, Oct 31, Dec 5	Sep 27, Nov 1, Dec 6	Sep 28, Nov 2, Dec 7	Sep 29, Nov 3, Dec 8	Sep 30, Nov 4, Dec 9	Oct 1, Nov 5, Dec 10	Oct 2, Nov 6, Dec 11
<p><b>Stir Fried Tofu</b> Egg Noodles Vegetables &amp; Spinach Fresh Fruit Pudding** Muffin</p> <p><b>Pork with Apricot Sauce</b> Quinoa Tabouli Collard Greens Capri Vegetables Seasonal Fresh Fruit Fruit Juice</p>	<p><b>Japanese Curried Chicken</b> White Rice Stir Fry Vegetables Swiss Chard Fresh Fruit Muffin</p> <p><b>Pancakes with Turkey Sausage</b> Maple Syrup** &amp; Margarine Capri Vegetables Fresh Fruit</p>	<p><b>Chicken Chilaquiles with Tortilla Chips &amp; Sauce</b> Mixed Vegetables &amp; Broccoli Seasonal Fresh Fruit Low Sodium V8 Juice Crackers* w Margarine</p> <p><b>Carrot Ginger Soup</b> Three Bean Salad WW Bread w Margarine Fresh Fruit</p>	<p><b>Mushroom &amp; Cheese Omelet</b> Turkey Sausage Patty Diced Potatoes w Margarine Fajita Vegetables Seasonal Fresh Fruit Fruit Juice</p> <p><b>Vegan Jerk "Chicken" with Plantains &amp; Collard Greens</b> Black Beans Margarine Banana</p>	<p><b>Potato-Crusted Fish with Roasted Garlic Cream</b> Bulgur Wheat Green Beans &amp; Carrots Fresh Fruit Crackers* w Margarine</p> <p><b>Minestrone Soup with Beef and Ditalini Pasta</b> Crackers * Fresh Fruit Prune Juice</p>	<p><b>Beef &amp; White Bean Ragù</b> Brown Rice Carrots &amp; Kale Fresh Fruit Low Sodium V8 Juice Fruit Juice</p> <p><b>Chicken Marinara on Bow Tie Pasta</b> Italian Vegetables Swiss Chard Margarine Fresh Fruit</p>	<p><b>Pork with Honey Mustard Sauce</b> Diced Potatoes Mix Vegetables &amp; Spinach Low Sodium V8 Juice Pudding** Fresh Fruit Prune Juice</p> <p><b>Shepherd's Pie with Beef</b> Mashed Potato &amp; Gravy Capri Vegetables Fresh Fruit</p>



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SUNDAY Oct 3, Nov 7, Dec 12	MONDAY Oct 4, Nov 8, Dec 13	TUESDAY Oct 5, Nov 9, Dec 14	WEDNESDAY Oct 6, Nov 10, Dec 15	THURSDAY Oct 7, Nov 11, Dec 16	FRIDAY Oct 8, Nov 12, Dec 17	SATURDAY Oct 9, Nov 13, Dec 18
<b>Shrimp Alfredo</b> Penne Pasta Carrots & Broccoli Seasonal Fresh Fruit  <b>Chicken Chow Mein</b> Egg Noodles Stir Fry Vegetables Spinach Fresh Fruit Fruit Juice	<b>Beef &amp; Vegetable Stew</b> Garden Vegetables Collard Greens Dinner Roll w Margarine Fresh Fruit Fruit Juice  <b>Waffles with Turkey Sausage</b> Mixed Vegetables Fresh Fruit Crackers* Banana Nut Muffin	<b>Chicken Adobo</b> Brown Rice Mixed Vegetables Swiss Chard Fresh Fruit Fruit Juice Muffin  <b>Vegetarian Gumbo with Vegan 'Chicken'</b> Three Bean Salad Fruit Juice	<b>Cheese Omelet with Turkey Sausage</b> Sweet Potatoes Mixed Vegetables & Carrots Crackers* Seasonal Fresh Fruit  <b>Cheese Tortellini with Pesto Sauce</b> Italian Vegetables Crackers * w Margarine Banana	<b>Macaroni and Cheese</b> Country Vegetables Fresh Fruit Muffin w Margarine  <b>Creamy Turkey and Potato Soup</b> Collard Greens Margarine Fresh Fruit	<b>Armenian Beef and Eggplant Casserole with Vegetable &amp; Tomato Sauce</b> WW Bread w Margarine Fresh Fruit  <b>Blackened Cod with Farro and Capri Vegetables</b> Muffin Margarine Fresh Fruit	<b>Baked Cod with Chimichurri Sauce</b> Orzo Pilaf Fajita Vegetables & Kale Fresh Fruit Banana Nut Muffin  <b>Beef Burgundy with Red Potatoes and Country Vegetables and Spinach</b> WW Bread w Margarine Fruit Juice
Oct 10, Nov 14, Dec 19	Oct 11, Nov 15, Dec 20	Oct 12, Nov 16, Dec 21	Oct 13, Nov 17, Dec 22	Oct 14, Nov 18, Dec 23	Oct 15, Nov 19, Dec 24	Oct 16, Nov 20, Dec 25 <sup>1</sup>
<b>Beef with Spiced Lentils and Spinach</b> Quinoa Tabouli Butternut Squash Fresh Fruit Margarine  <b>Pork w Soy Citrus Glaze</b> Cilantro Brown Rice Garden Vegetables Crackers * w Margarine Fresh Fruit	<b>Vegan "Chicken" Fajitas</b> White Rice & Refried Beans Fajita Vegetables Swiss Chard Flour Tortilla Muffin Fresh Fruit  <b>Cheddar Cheese Omelet Tator Tots &amp; Vegetables</b> WW Bread w Margarine Fresh Fruit	<b>Salmon Patty</b> Cilantro Brown Rice Black Beans Mixed Vegetables Collard Greens Fresh Fruit Muffin w Margarine  <b>Cream of Mushroom Soup</b> Ginger Carrot Salad Fresh Fruit	<b>Eggs with Cheese Turkey Sausage Patty</b> Roasted Potatoes Garden Vegetable Seasonal Fresh Fruit Fruit Juice  <b>Beef Teriyaki with Broccoli and Egg Noodles</b> Country Vegetables & Kale Banana	<b>Potato-Crusted Fish Roasted Garlic Sauce</b> Orzo Pilaf Mixed Vegetables & Kale Fresh Fruit Margarine  <b>Tomato and Spinach Soup Chicken &amp; Tortellini Pasta</b> Southwest Salad Fresh Fruit Margarine Fruit Juice	<b>Pork with Tomato Pan Fry Sauce</b> Swiss Chard Fresh Fruit Pudding**  <b>Turkey Ham and Black Beans with Country Vegetables and Potatoes</b> Muffin w Margarine Fresh Fruit	<b>Chicken with Mandarin Orange Sauce</b> Egg Noodles Mixed Vegetables & Spinach Fresh Fruit Crackers* w Margarine  <b>Beef Marsala with Green Pea Pilaf and Tri Colored Carrots</b> WW Bread w Margarine Seasonal Fresh Fruit

<sup>1</sup>HOLIDAY MEALS TO BE ANNOUNCED...

**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 B<sub>12</sub>, 23% Vitamin D<sub>3</sub>, 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