



**September to December 2021  
Hot 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
<b>Cheese Ravioli with Marinara Sauce and Parmesan Cheese</b> Italian Vegetables Fresh Fruit Muffin  <b>Greek Yogurt</b> Quinoa Salad WW Bread Seasonal Fresh Fruit Fruit Juice	<b>Turkey Carnitas with Spanish Rice &amp; Tortilla</b> Fajita Vegetables & Kale Fresh Fruit Sour Cream  <b>Peanut Butter &amp; Jelly**</b> WW Bread Russian Beet Salad Seasonal Fresh Fruit Fruit Juice	<b>Chicken Parmesan with Marinara Sauce</b> Raviatore Pasta Italian Vegetables & Spinach Crackers* w Margarine Fresh Fruit  <b>Turkey &amp; Swiss Cheese Sandwich</b> w WW Bread Mustard & Mayonnaise Carrot Ginger Raisin Seasonal Fresh Fruit	<b>Egg Patty with Turkey Sausage and Potatoes</b> Enchilada Sauce & Cheese Mixed Vegetables Seasonal Fresh Fruit Fruit Juice  <b>Cottage Cheese</b> Broccoli Edamame Salad Fresh Fruit Banana Crackers* w Margarine	<b>Breaded Fish Sticks with Tartar Sauce</b> Diced Potatoes Country Trio Vegetables Fresh Fruit  <b>Tuna Salad</b> WW Bread Garden Salad Seasonal Fresh Fruit Low Sodium V8 Juice Fruit Juice	<b>Turkey Jambalaya with Cajun Tomato Sauce</b> Brown Rice Garden Vegetables Collard Greens Fresh Fruit Muffin w Margarine  <b>Hummus</b> WW Bread Spinach & Kale Salad Seasonal Fresh Fruit	<b>Thai Curried Chicken</b> Brown Rice Vegetables w Corn & Kale Fresh Fruit Pudding** Crackers* w Margarine  <b>Hard Cooked Eggs</b> WW Bread Mayonnaise Three Bean Salad Seasonal Fresh Fruit Prune Juice
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
<b>California Patty with Swiss Cheese</b> Vegetable Gravy Orzo Pilaf Southwest Vegetables Italian Vegetables Seasonal Fresh Fruit  <b>Cottage Cheese</b> Southwest Salad Muffin w Margarine Seasonal Fresh Fruit	<b>Chicken Patty with Lemon Caper Sauce</b> Farro Mixed Vegetables & Kale Fresh Fruit Fruit Juice Crackers* w Margarine  <b>Chicken Salad</b> WW Bread Russian Beet Salad Seasonal Fresh Fruit Fruit Juice	<b>Beef Enchilada with Cheese and Sour Cream</b> Cilantro Brown Rice Fajita Vegetables Fresh Fruit Muffin  <b>Greek Yogurt</b> Oatmeal WW Bread Garden Salad Seasonal Fresh Fruit	<b>Egg Patty with Potatoes and Bacon Crumbles</b> Garden Vegetables WW Bread w Margarine Seasonal Fresh Fruit  <b>Tuna Salad</b> WW Bread Ginger Carrot Salad Seasonal Fresh Fruit	<b>Beef Sloppy Joe</b> On a Dinner Roll Swiss Chard Tri-Colored Carrots Seasonal Fresh Fruit  <b>Turkey &amp; Swiss Cheese Sandwich</b> w WW Bread Mustard & Mayonnaise Broccoli Edamame Salad Fresh Fruit	<b>Baked Cod with Dill Sauce</b> Quinoa Collard Greens Garden Vegetables Muffin w Margarine Fresh Fruit & Fruit Juice  <b>Hard Cooked Eggs</b> WW Bread, Margarine Mayonnaise Creamy Coleslaw Seasonal Fresh Fruit Prune Juice	<b>Chicken Teriyaki</b> Brown Rice Mixed Vegetables & Spinach Pudding** Seasonal Fresh Fruit Crackers* w Margarine  <b>Hummus</b> WW Bread Three Bean Salad Seasonal Fresh Fruit
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
<b>Stir Fried Tofu</b> Egg Noodles Vegetables & Spinach Fresh Fruit Pudding** Muffin  <b>Greek Yogurt</b> Oatmeal WW Bread w Margarine Ginger Carrot Salad Crackers*, Margarine Seasonal Fresh Fruit	<b>Japanese Curried Chicken</b> White Rice Stir Fry Vegetables Swiss Chard Fresh Fruit Muffin  <b>Peanut Butter &amp; Jelly**</b> WW Bread Quinoa Salad Seasonal Fresh Fruit Prune Juice	<b>Chicken Chilaquiles with Tortilla Chips &amp; Sauce</b> Mixed Vegetables & Broccoli Seasonal Fresh Fruit Low Sodium V8 Juice Crackers* w Margarine  <b>Turkey &amp; Swiss Cheese Sandwich</b> w WW Bread Mustard & Mayonnaise Creamy Coleslaw Fresh Fruit Fruit Juice	<b>Mushroom &amp; Cheese Omelet</b> Turkey Sausage Patty Diced Potatoes w Margarine Fajita Vegetables Seasonal Fresh Fruit Fruit Juice  <b>Hummus</b> WW Bread Three Bean Salad Seasonal Fresh Fruit	<b>Potato-Crusted Fish with Roasted Garlic Cream</b> Bulgar Wheat Green Beans & Carrots Fresh Fruit Crackers* w Margarine  <b>Chicken Salad</b> WW Bread, Margarine Garden Salad Crackers* Seasonal Fresh Fruit Fruit Juice	<b>Beef &amp; White Bean Ragu</b> Brown Rice Carrots & Kale Fresh Fruit Low Sodium V8 Juice Fruit Juice  <b>Cottage Cheese</b> Broccoli Edamame Salad WW Bread Fresh Fruit	<b>Pork with Honey Mustard Sauce</b> Diced Potatoes Mix Vegetables & Spinach Low Sodium V8 Juice Pudding** Fresh Fruit Prune Juice  <b>Tuna Salad</b> Southwest Salad Seasonal Fresh Fruit Crackers*



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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>Cottage Cheese</b> Three Bean Salad Crackers* & Margarine Fresh Fruit Fruit Juice	<b>Beef &amp; Vegetable Stew</b> Garden Vegetables Collard Greens Dinner Roll w Margarine Fresh Fruit Fruit Juice  <b>Chicken Salad</b> WW Bread Southwest Salad Seasonal Fresh Fruit	<b>Chicken Adobo</b> Brown Rice Mixed Vegetables Swiss Chard Fresh Fruit Fruit Juice Muffin  <b>Hard Cooked Eggs</b> Three Bean Salad WW Bread w Mayonnaise Seasonal Fresh Fruit Low Sodium V8 Juice	<b>Cheese Omelet with Turkey Sausage</b> Sweet Potatoes Mixed Vegetables & Carrots Crackers* Seasonal Fresh Fruit  <b>Hummus</b> Crackers* Russian Beet Salad Seasonal Fresh Fruit	<b>Macaroni and Cheese</b> Country Vegetables Fresh Fruit Muffin w Margarine  <b>Turkey &amp; Swiss Cheese Sandwich</b> w WW Bread Mustard & Mayonnaise Spinach & Kale Salad Fresh Fruit Fruit Juice	<b>Armenian Beef and Eggplant Casserole with Vegetable &amp; Tomato Sauce</b> WW Bread w Margarine Fresh Fruit  <b>Tuna Salad</b> WW Bread Carrot Ginger Raisin Salad Seasonal Fresh Fruit	<b>Baked Cod with Chimichurri Sauce</b> Orzo Pilaf Fajita Vegetables & Kale Fresh Fruit Banana Nut Muffin  <b>Peanut Butter &amp; Jelly</b> WW Bread Broccoli Edamame Salad, Seasonal Fresh Fruit 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>Greek Yogurt</b> Oatmeal Broccoli Edamame Carrot Salad Seasonal Fresh Fruit	<b>Vegan “Chicken” Fajitas</b> White Rice & Refried Beans Fajita Vegetables Swiss Chard Flour Tortilla Muffin Fresh Fruit  <b>Hummus</b> WW Bread Garden Salad Seasonal Fresh Fruit	<b>Salmon Patty</b> Cilantro Brown Rice Black Beans Mixed Vegetables Collard Greens Fresh Fruit Muffin & Margarine  <b>Sliced Turkey &amp; Cheese</b> WW Bread Mustard & Mayonnaise Russian Beet Salad Seasonal Fresh Fruit	<b>Eggs with Cheese &amp; Turkey Sausage Patty</b> Roasted Potatoes Garden Vegetable Seasonal Fresh Fruit Fruit Juice  <b>Tuna Salad</b> Crackers* w Margarine Creamy Coleslaw Seasonal Fresh Fruit Prune Juice	<b>Potato-Crusted Fish Roasted Garlic Sauce</b> Orzo Pilaf Mixed Vegetables & Kale Fresh Fruit Margarine  <b>Peanut Butter &amp; Jelly**</b> WW Bread Chinese Chicken Salad Seasonal Fresh Fruit Fruit Juice	<b>Pork with Tomato Pan Fry Sauce</b> Swiss Chard Fresh Fruit Pudding**  <b>Hard Cooked Eggs</b> Three Bean Salad WW Bread Mayonnaise Seasonal Fresh Fruit	<b>Chicken with Mandarin Orange Sauce</b> Egg Noodles Mixed Vegetables & Spinach Fresh Fruit Crackers* w Margarine  <b>Chicken Salad</b> WW Bread, Margarine Southwest Salad Seasonal Fresh Fruit
<sup>1</sup> <b>HOLIDAY MEALS TO BE ANNOUNCED...</b>			<p><b>Information on the Daily Beverage Mix Packet:</b></p> <p>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</p>  <p><b>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.</b></p>			

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