



March 2019 Frozen Meal Plan

**Menu is subject to change without notice
All meals include a napkin and beverage mix**

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
TAKE CONTROL OF DIABETES The Meals on Wheels Nutrition Team will be conducting a diabetes workshop WHEN: Wednesdays only March 6 to April 10, 2019 TIME: 10:00 am to Noon WHERE: ARLINGTON HOTEL, MEZZANINE MEETING ROOM The workshop is open to all who are interested: whether you are newly diagnosed, pre-diabetic, have been managing diabetes for years, or a caregiver to a diabetic. This no-cost, Diabetes Empowerment Education Program (DEEP) is a licensed diabetes self-management education class developed by the University of Illinois, Chicago. This one class per week for six-weeks program covers topics that include diabetes risk factors, complications, nutrition, physical activity and use of glucose meter. It has fun-filled activities and giveaways. Refreshments will be served. Call Gladys or Diane at 415 920 1111 if you have any question.				1 Baked Chicken Breast/ Pesto Sauce Rice Pilaf Ca. Veg. Blend Beef Stroganoff Egg Noodles Green Peas Cucumber Salad Peaches Fresh Fruit Milk	2 Diced Pork/Red Mole Sauce Sp. Rice/Beans Fiesta Veg. Blend Chicken Noodle Soup Crackers Db/Ls – Unsalted Gelatin Db/Ls – Diet Gel. Fruit Juice Fresh Fruit/ Milk	3 Guinness Beef Yukon Potatoes Green Peas Baby Carrots Breakfast Burrito Swiss Cheese Tropical Fruit Muffin Margarine Fresh Fruit Milk
4 Veg. Enchilada Bake Garden Veg Blend Spinach Scrambled Eggs O'Brien Potatoes Peaches Tomato/Cucumber Salad Muffin Margarine Fresh Fruit Milk	5 Diced Chicken/ Thai Curry Coco Sc Rice WK Corn Oriental Veg. Blend Lentil & Garbanzos Bean Soup Crackers Db/Ls – Unsalted Pineapple Tidbits Fresh Fruit/ Milk	6 Greek Pastitsio Italian Veg. Blend Turkey Meatballs/ Poultry Gravy Whipped Potatoes Country Veg. Blend WW Bread Margarine Mango chunks Fresh Fruit Milk	7 Diced Pork/ White BBQ Sauce Sweet Potatoes Collard Greens Chic. Veg. Orzo Soup Crackers Db/Ls – Unsalted Raisins Fresh Fruit Milk	8. Pot. Crusted Fish /Salvadorian Sauce Couscous Broccoli Pancake syrup Pasta Alfredo Green Peas Pudding Db/Ls – Diet Pud. Fruit Juice Fresh Fruit/ Milk	9 Meatloaf/ Brown Gravy Yukon Potatoes Diced Carrots Diced Chicken/ Zesty Orange Sce Brown Rice Mexican Vegetable Blend Tropical Fruit Fresh Fruit/ Milk	10 Baked Chicken Breast with Shitake Sce Curried lentils Country Veg Blend Denver Omelet Waffle/ Margarine Mandarin Oranges Syrup <u>Db/Ls – diet</u> Carrot Raisin Sld Fresh Fruit/ Milk
11 Mixed Bean Chili Cornbread Collard Greens	12 Baked Chicken Breast Mango BBQ Sauce Sweet Potatoes Mixed Veggies	13 Triple Stack Lasagna Beef Meat Sauce WK Corn Green Beans	14 Beef Brisket/Brown Gravy Yukon Potatoes Capri Veg. blend 14 Thursday	15 Salmon Patty/ Spiced Pear Chutney Herbed Rice Spinach	16 Baked Chicken/ Lemon Caper Sauce O'Brien Potatoes Winter Veggies	17 Diced Pork/ Sesame Sauce Brown Rice Diced Carrots

Our menu meets 2/3 dietary reference intake(DRI) for all target nutrients except for Vit. D & Potassium. MOW dietitians will provide nutrition education handout to ensure you are meeting your daily Vit. D and potassium needs. MOW would like to thank the Office On the Aging of the City and County of San Francisco for their generous support of our program.

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<p>11 Monday Macaroni & Cheese Broccoli</p> <p>Mandarin Oranges Fresh Fruit Milk</p>	<p>12 Tuesday Minestrone Soup WW Bread Crackers <i>(Db/Ls – Unsalted)</i> Margarine Fruit Juice Fresh Fruit Milk</p>	<p>13 Wednesday Sausage Patty Scrambled Eggs Waffles/ Margarine Syrup <i>Db/Ls-Diet Syrup</i> Pineapple Tidbits Tossed Salad/ Dressing Fresh Fruit/ Milk</p>	<p>Pork Rib Patty/ BBQ Sauce Country Veg. Blend Ranch Beans</p> <p>WW Bread Margarine Fruit Juice Fresh Fruit/ Milk</p>	<p>15 Friday Cheese Omelet O'Brien Potatoes Tropical Fruit</p> <p>Cucumber Salad Fresh Fruit Milk</p>	<p>16 Saturday Beef Barley Soup Cornbread Margarine Gelatin <i>(Db/Ls (diet gelatin))</i> Fresh Fruit Fruit Juice Milk</p>	<p>17 Sunday Baked Chicken/ Basil Alfredo Sce Penne Pasta Green Peas WW Bread Margarine Peaches Fresh Fruit Milk</p>
<p>18 Cheesy Bake Green Beans</p> <p>Cuban Veg. Patty Plantains Capri Veggie WW Bread Margarine Fresh Fruit Fruit Juice Milk</p>	<p>19 Baked Chicken/ Ranchero Sauce Scalloped Potatoes Ca. Veg. Blend</p> <p>Scrambled Eggs French Toast Pineapple Tidbits 3 Bean Salad Pancake syrup <i>Db/Ls – Diet Syrup</i> <i>Fresh Fruit</i> Margarine/ Milk</p>	<p>20 Beef Stew w/ Root Vegetables Parslied Potatoes Mixed Veggies</p> <p>Tuscan Bean Soup (Shredded Cheese)</p> <p>WW Bread Margarine Tropical Fruit Fresh Fruit Milk</p>	<p>21 Pork Chile Verde Brown Rice Country Veg. Blend</p> <p>Chicken Enchilada Bake Spanish Rice Fiesta Veg. Blend Cinnamon Applesauce Fresh Fruit Milk</p>	<p>22 Cod Loin/Lemon Butter Sauce Herbed Rice Waxed Beans</p> <p>Broccoli Cheese Soup Cornbread Margarine Raisins Fresh Fruit Milk</p>	<p>23 Salisbury Steak/ Brown Gravy Yukon Potatoes Collard Greens</p> <p>Sausage Links O'Brien Potatoes Tropical Fruit Coleslaw Fresh Fruit Milk</p>	<p>24 Chicken with Basil Alfredo Sauce Penne Pasta Green Peas Diced Carrots Potato Crusted Fish/ Dill Sauce Lemon Orzo Mixed Veggies Pudding/ Juice <i>(Db/Ls – diet pud.)</i> Fresh Fruit/ Milk</p>
<p>25 Veggie Frittata O'Brien Potatoes Tropical Fruit</p> <p>Gnocchi Alfredo Italian Veg. Blend Broccoli</p> <p>Fresh Fruit Milk</p>	<p>26 Diced Pork/Apricot Honey Sauce Sweet Potatoes Spinach Salisbury Steak/ Brown Gravy Yukon Potatoes Green Beans WW Muffin Margarine/ Juice Fresh Fruit/Milk</p>	<p>27 Beef Taco Garden Veggie Blend Chicken Gumbo Brown Rice Cornbread Margarine Tortilla/Taco Sauce <i>Db/Ls- unsalted</i> Super Food Slaw Raisins Fresh Fruit/ Milk</p>	<p>28 Chicken/ Pumpkin Seed Mole Sauce Herbed Rice Mixed Veggies</p> <p>Beef Meatballs/ Br. Butter Sauce Egg Noodles Diced Carrots Pineapple Tidbits Fresh Fruit Milk</p>	<p>29 Baked Pollock/ Dill Sauce Lemon Orzo Green Peas</p> <p>Tortellini Tomato Spinach Soup Crackers</p> <p>Fresh Fruit X 2 Milk</p>	<p>30 Diced Chicken/ Mild Green Curry Sauce Herbed Rice Capri Veggie Blend Scrambled Eggs Hash Brown Tropical Fruit Carrot Raisin Salad Gelatin <i>(Db/Ls – diet gel.)</i> Fresh Fruit/ Milk</p>	<p>31 Hamburger Baked Beans Mixed Veggies</p> <p>Chicken Chilaquilles Squash/Corn/Tom . Lettuce/Tomatoes Hamburger Bun Mayo/ Juice Fresh Fruit/ Milk</p>

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