




**March 2021 to May 2021
Hot Meal Plan**

Please Note - Menu is subject to change without notice due to availability and storage space
MOW provides 1 serving of Beverage Mix and Milk daily 415-920-1111 | MOWSF.ORG

| MONDAY Feb. 22, Mar. 29, May 3 | TUESDAY Feb. 23, Mar. 30, May 4 | WEDNESDAY Feb. 24, Mar. 31, May 5 | THURSDAY Feb. 25, Apr. 1, May 6 | FRIDAY Feb. 26, Apr. 2, May 7 | SATURDAY Feb. 27, Apr. 3, May 8 | SUNDAY Feb. 28, Apr. 4, May 9 |
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| Southwest Chili Brown Rice Broccoli Corn Muffin - Margarine Fresh Fruit Greek Yogurt Oatmeal Muffin - Margarine Lima Bean Salad Fruit Cup | Thai Diced Chicken Curry Jasmine Rice Stir Fry Vegetables Whole Kernel Corn Fresh Fruit Peanut Butter & Jelly Whole Wheat Bread Herbed Potato Salad Crackers* - Margarine Fruit Cup Fruit Juice | Breaded Fish Sticks with Tartar Sauce Confetti Couscous Capri Vegetables Green Peas Fresh Fruit Sliced Turkey & Cheese Whole Wheat Bread Mustard & Mayonnaise Winter Mix Salad Fruit Cup | Diced Pork with Red Mole Sauce Sweet Potatoes Squash Medley Fresh Fruit Cottage Cheese Muffin – Margarine Broccoli Edamame Salad Crackers* - Margarine Fruit Cup | Salisbury Steak with Onion & Mushroom Gravy Mashed Potatoes Carrots & Cauliflower Fresh Fruit Tuna Salad Whole Wheat Bread Garbanzo Salad Fruit Cup | Diced Chicken with Marsala Sauce Curried Lentils Mixed Vegetables Fresh Fruit Hummus Pita Bread Confetti Corn Salad Fruit Cup | Savory Turkey with Egg Noodles Italian Vegetables Fresh Fruit Hard Cooked Eggs Whole Wheat Bread Mayonnaise Carrot Raisin Salad Pudding** Crackers* - Margarine Fruit Cup |
| Mar. 1, Apr. 5, May 10 | Mar. 2, Apr. 6, May 11 | Mar. 3, Apr. 7, May 12 | Mar. 4, Apr. 8, May 13 | Mar. 5, Apr. 9, May 14 | Mar. 6, Apr. 10, May 15 | Mar. 7, Apr. 11, May 16 |
| Beef Patty with Gravy Mashed Potatoes Capri Vegetables Fresh Fruit Cottage Cheese Muffin – Margarine Kidney Bean Salad Crackers* Fruit Cup | Diced Pork with Sesame Sauce Brown Rice Butternut Squash Spinach Fresh Fruit Chicken Salad Whole Wheat Bread Chef's Romaine Salad Fruit Cup | Beef Taco & Spanish Rice Fajita Vegetable Blend Taco Sauce Flour Tortilla Fresh Fruit Greek Yogurt Oatmeal Muffin - Margarine Potato Salad Fruit Cup | Mushroom Frittata Diced Potatoes Garden Vegetable Blend Fresh Fruit Tuna Salad Whole Wheat Bread Southwest Mix Salad Pudding** Banana | California Patty with Vegetable Gravy Orzo Rice Pilaf Ranch Beans Broccoli & Cauliflower Fresh Fruit Sliced Turkey & Cheese Whole Wheat Bread Mustard & Mayonnaise Lima Bean Salad Fruit Cup | Baked Cod with Dill Sauce Quinoa Green Peas Fresh Fruit Hard Cooked Eggs Whole Wheat Bread Mayonnaise Creamy Coleslaw Fruit Cup | Diced Chicken Breast with Creamy Garlic Sauce Penne Pasta Italian Vegetable Blend Carrots Fresh Fruit Hummus Pita Bread Diced Carrot Salad Pudding** Fruit Cup |
| Mar. 8, Apr. 12, May 17 | Mar. 9, Apr. 13, May 18 | Mar. 10, Apr. 14, May 19 | Mar. 11, Apr. 15, May 20 | Mar. 12, Apr. 16, May 21 | Mar. 13, Apr. 17, May 22 | Mar. 14, Apr. 18, May 23 |
| Armenian Eggplant Beef Casserole Fresh Fruit Greek Yogurt Oatmeal Muffin - Margarine Edamame Corn Salad Fruit Cup | Diced Chicken & Gravy Sweet Potato Wedges Capri Mixed Vegetables Fresh Fruit Peanut Butter & Jelly Whole Wheat Bread Kidney Bean Salad Fruit Cup | Beef & Vegetable Stew Brown Rice Broccoli Green Beans Fresh Fruit Sliced Turkey & Cheese Whole Wheat Bread Mustard/ Mayonnaise Crackers* Coleslaw Salad Fruit Cup | Pork Patty with Mango BBQ Sauce Lemon Orzo Asian Vegetable Salad Fresh Fruit Hummus Pita Bread Carrot Raisin Salad Pudding** Fruit Cup | Beef Meatballs with Sweet & Sour Sauce Quinoa Spinach Fresh Fruit Chicken Salad Whole Wheat Bread Winter Mix Salad Fruit Cup | Breaded Fish Sticks with Tartar Sauce Home Fries Green Beans Diced Carrots Fresh Fruit Cottage Cheese Muffin - Margarine Confetti Corn Salad Crackers* Fruit Cup | Diced Chicken with Pesto Sauce Penne Pasta Italian Vegetables Fresh Fruit Tuna Salad Whole Wheat Bread Margarine Garbanzo Salad Fruit Cup |

| MONDAY Mar. 15, Apr. 19, May 24 | TUESDAY Mar. 16, Apr. 20, May 25 | WEDNESDAY Mar. 17, Apr. 21, May 26 | THURSDAY Mar. 18, Apr. 22, May 27 | FRIDAY Mar. 19, Apr. 23, May 28 | SATURDAY Mar. 20, Apr. 24, May 29 | SUNDAY Mar. 21, Apr. 25, May 30 |
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| Macaroni & Cheese Country Vegetables Fresh Fruit Cottage Cheese Muffin - Margarine Herbed Potato Salad Crackers* Fruit Cup | Baked Cod with Caper Sauce Confetti Couscous Seasonal Vegetables Peas & Carrots Fresh Fruit Chicken Salad Whole Wheat Bread Chef's Romaine Salad Fruit Cup | Beef Enchilada Cilantro Brown Rice Garden Vegetable Blend Fresh Fruit Hard Cooked Eggs Whole Wheat Bread Mayonnaise Broccoli Salad Fruit Cup St. Patrick's Day – March 17 See menu below | Diced Chicken with Country Gravy Tater Tots Mixed Vegetables Fruit Cup Hummus Pita Bread Russian Beet Salad Pudding** Fruit Cup | Diced Pork with Honey Mustard Sauce Sweet Potatoes Spinach Fresh Fruit Sliced Turkey & Cheese Whole Wheat Bread Mustard & Mayonnaise Crackers* - Margarine Southwest Mix Salad Fruit Cup | Diced Chicken Curry Brown Rice Asian Vegetables Fresh Fruit Tuna Salad Whole Wheat Bread Margarine Kidney Bean Salad Fruit Cup | Meatloaf with Salvadorian Sauce Diced Potatoes Seasonal Vegetable Spinach Fresh Fruit Peanut Butter & Jelly Whole Wheat Bread Broccoli Edamame Salad Fruit Cup |
| Mar. 22, Apr. 26, May 31 | Mar. 23, Apr. 27, Jun. 1 | Mar. 24, Apr. 28, Jun. 2 | Mar. 25, Apr. 29, Jun. 3 | Mar. 26, Apr. 30, Jun. 4 | Mar. 27, May 1, Jun. 5 | Mar. 28, May 2, Jun. 6 |
| Baked Cod with Sun Dried Tomato Pesto Sauce Penne Pasta Lima Beans & Corn Butternut Squash Fresh Fruit Greek Yogurt Oatmeal Margarine Peas and Carrot Salad Fruit Cup | Beef Bulgogi Brown Rice Asian Vegetable Blend Spinach Fresh Fruit Hummus Pita Bread Potato Salad Pudding** Fruit Cup | Cheese Ravioli with Marinara Sauce Capri Vegetables Fresh Fruit Sliced Turkey & Cheese Whole Wheat Bread Mustard/ Mayonnaise Crackers* - Margarine Winter Blend Salad Fruit Cup | Diced Chicken with Ginger Scallion Sauce Potatoes O'Brien 5 Way Vegetable Blend Green Beans Fruit Cup Tuna Salad Whole Wheat Bread Margarine Edamame Carrot Salad Fruit Cup | Baked Cod with Creole Sauce Lemon Orzo Capri Vegetable Blend Butternut Squash Fruit Cup Peanut Butter & Jelly Whole Wheat Bread Creamy Coleslaw Fruit Cup | Sweet and Sour Pork Brown Rice Broccoli Carrots Fresh Fruit Hard Cooked Eggs Whole Wheat Bread Mayonnaise Chef' Romaine Salad Fruit Cup | Beef Stroganoff Egg Noodles Italian Vegetable Blend Fresh Fruit Chicken Salad Whole Wheat Bread Carrot Raisin Salad Fruit Cup |
| ST. PATRICK'S DAY ENTRÉE: Wednesday, March 17 Corned Beef with Cabbage Potatoes Carrots Cookie  | | Meals on Wheels SF by the Numbers: Did you know in 2020, we delivered more than 2 million meals to 5,000 San Franciscans in need? | 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: <ul style="list-style-type: none"> • 25% Calcium • 100% Vitamin C • 35% Vitamin B₁₂ • 23% Vitamin D₃ • 50% Vitamin E | | | |



Our menu meets 2/3 dietary reference intake DRI for all target nutrients except for Vitamin D & Potassium. MOWSF dietitians will provide nutrition education handout to ensure you are meeting your daily Vitamin D 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 – Low Sodium Crackers*

Diabetic/Low Sodium – Sugar Free Pudding