



November 2020 to February 2021 Frozen Meal Plan

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

MONDAY Nov. 9, Dec. 14, Jan. 18	TUESDAY Nov. 10, Dec. 15, Jan. 19	WEDNESDAY Nov. 11, Dec. 16, Jan. 20	THURSDAY Nov. 12, Dec. 17, Jan. 21	FRIDAY Nov. 13, Dec. 18, Jan. 22	SATURDAY Nov. 14, Dec. 19, Jan. 23	SUNDAY Nov. 15, Dec. 20, Jan. 24
Southwest Chili Brown Rice Broccoli Corn Muffin, Margarine Fresh Fruit Cream of Chicken & Mushroom Soup Crackers* - Margarine Lima Bean Salad Fruit Juice Fruit Cup	Thai Diced Chicken Curry Jasmine Rice Stir Fry Vegetables Whole Kernel Corn Fresh Fruit Cheese & Pepper Frittata O'Brien Potatoes Diced Carrots Crackers* - Margarine Fruit Cup	Breaded Fish Sticks with Tartar Sauce Confetti Couscous Capri Vegetables Green Peas Fresh Fruit Diced Chicken with Tandoori Sauce Cilantro Rice Spinach Fruit Cup	Diced Pork with Red Mole Sauce Sweet Potatoes Squash Medley Fresh Fruit West Coast Bean & Kale Soup Dinner Roll - Margarine Broccoli Edamame Salad Fruit Juice Fruit Cup	Salisbury Steak with Onion & Mushroom Gravy Mashed Potatoes Carrots & Cauliflower Fresh Fruit Diced Chicken a la King Egg Noodles Capri Vegetables Green Beans Crackers* - Margarine Banana Fruit Cup	Diced Chicken with Marsala Sauce Curried Lentils Mixed Vegetables Fresh Fruit Egg Patties & Bacon Hash Browns Seasonal Vegetables Crackers* - Margarine Fruit Cup	Savory Turkey with Egg Noodles Italian Vegetables Fresh Fruit Beef with Burgundy Sauce Red Potatoes Country Vegetables Carrot Raisin Salad Pudding** Crackers* - Margarine Fruit Cup
Nov. 16, Dec. 21, Jan. 25	Nov. 17, Dec. 22, Jan. 26	Nov. 18, Dec. 23, Jan. 27	Nov. 19, Dec. 24, Jan. 28	Nov. 20, Dec. 25, Jan. 29	Nov. 21, Dec. 26, Jan. 30	Nov. 22, Dec. 27, Jan. 31
Beef Patty with Gravy Mashed Potatoes Capri Vegetables Fresh Fruit Diced Chicken Pasta Primavera Peas & Carrots Whole Kernel Corn Kidney Bean Salad Dinner Roll - Margarine Fruit Cup	Diced Pork with Asian Sesame Sauce Brown Rice Butternut Squash Spinach Fresh Fruit Broccoli Cheese Soup Dinner Roll - Margarine Fruit Cup	Beef Taco Spanish Rice Fajita Vegetable Blend Taco Sauce Flour Tortilla Fresh Fruit Scrambled Eggs with Veggie Sausage Patty Garden Vegetables Crackers* - Margarine Fruit Cup	Mushroom Frittata Diced Potatoes Garden Vegetable Blend Fresh Fruit Turkey Florentine Egg Noodles Country Trio Vegetables Bean & Corn Salad Crackers* - Margarine Banana Fruit Cup	California Patty with Vegetable Gravy Orzo Rice Pilaf Ranch Beans Broccoli & Cauliflower Fresh Fruit Pork Adobo Brown Rice Mixed Vegetables Dinner Roll - Margarine Fruit Cup <u>Christmas Day - Dec. 25 menu on the back</u>	Baked Cod with Dill Sauce Quinoa Green Peas Fresh Fruit Japanese Chicken Vegetable Curry Brown Rice Stir Fry Vegetables Creamy Coleslaw Fruit Juice Fruit Cup	Diced Chicken Breast with Creamy Garlic Sauce Penne Pasta Italian Vegetable Blend Carrots Fresh Fruit Braised Beef Spanish Rice Mixed Vegetables Pudding** Fruit Juice Fruit Cup
Nov. 23, Dec. 28, Feb. 1	Nov. 24, Dec. 29, Feb. 2	Nov. 25, Dec. 30, Feb. 3	Nov. 26, Dec. 31, Feb. 4	Nov. 27, Jan. 1, Feb. 5	Nov. 28, Jan 2, Feb. 6	Nov. 29, Jan. 3, Feb. 7
Armenian Eggplant Beef Casserole Fresh Fruit Lentil Vegetable Soup Dinner Roll - Margarine Edamame Corn Salad Fruit Juice Fruit Cup	Diced Chicken & Gravy Sweet Potato Wedges Capri Mixed Vegetables Fresh Fruit Pancakes with Turkey Sausage Patty Pancake Syrup Seasonal Vegetables Bran Muffin - Margarine V-8 Juice Fruit Cup	Beef & Vegetable Stew Brown Rice Broccoli Green Beans Fresh Fruit Chicken Chilaquiles Mixed Vegetables Coleslaw Salad Crackers* - Margarine Fruit Cup	Pork Patty with Mango BBQ Sauce Lemon Orzo Asian Vegetable Salad Fresh Fruit Chicken & Tortellini Soup Carrot Raisin Salad Crackers* - Margarine Fruit Cup <u>Thanksgiving Day - Nov. 26 menu on the back</u>	Beef Meatballs with Sweet & Sour Sauce Quinoa Spinach Fresh Fruit Vegetable Omelet Sweet Potatoes Carrots Pudding** Fruit Cup <u>New Year's Day - Jan. 1 menu on the back</u>	Breaded Fish Sticks Tartar Sauce Home Fries Green Beans/Diced Carrots Fresh Fruit Asian Braised Beef Egg Noodles Green Peas Mixed Vegetable Crackers* - Margarine Banana/ Fruit Cup	Diced Chicken with Pesto Sauce Penne Pasta Italian Vegetables Fresh Fruit Chicken & Barley Soup Garbanzo Salad Crackers* - Margarine Fruit Cup



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MONDAY Nov. 30, Jan. 4, Feb. 8	TUESDAY Dec. 1, Jan. 5, Feb. 9	WEDNESDAY Dec. 2, Jan. 6, Feb. 10	THURSDAY Dec. 3, Jan. 7, Feb. 11	FRIDAY Dec. 4, Jan. 8, Feb. 12	SATURDAY Dec. 5, Jan 9, Feb. 13	SUNDAY Dec. 6, Jan. 10, Feb. 14
Macaroni & Cheese Country Vegetables Fresh Fruit Waffle with Turkey Sausage Patties Pancake Syrup, Margarine Mixed Vegetable Herbed Potato Salad Fruit Juice Fruit Cup	Baked Cod with Caper Sauce Confetti Couscous Seasonal Vegetables Peas & Carrots Fresh Fruit Swiss Steak with French Onion Gravy Egg Noodles Capri Vegetable Dinner Roll - Margarine Pudding** Fruit Cup	Beef Enchilada Cilantro Brown Rice Garden Vegetable Blend Fresh Fruit Italian Wedding Soup with Turkey Meatballs Dinner Roll - Margarine Broccoli Salad Apricot Cup	Diced Chicken with Country Gravy Tater Tots Mixed Vegetables Fruit Cup Egg Patties & Cheese on Hash Browns Peas & Carrots Russian Beet Salad English Muffin - Margarine Banana	Diced Pork with Honey Mustard Sauce Sweet Potatoes Spinach Fresh Fruit Cauliflower with Cheese Sauce Couscous & Quinoa Blend Brussels Sprouts Crackers* - Margarine Fruit Juice Fruit Cup	Diced Chicken Curry Brown Rice Asian Vegetables Fresh Fruit Beef Barley Soup Confetti Corn Salad Crackers* - Margarine Fruit Cup	Meatloaf with Salvadorian Sauce Diced Potatoes Seasonal Vegetable Spinach Fresh Fruit Diced Chicken & Gravy Couscous Capri Vegetables Carrots Pudding** Fruit Juice Fruit Cup
Dec. 7, Jan. 11, Feb. 15	Dec. 8, Jan. 12, Feb. 16	Dec. 9, Jan. 13, Feb. 17	Dec. 10, Jan. 14, Feb. 18	Dec. 11, Jan. 15, Feb. 19	Dec. 12, Jan. 16, Feb. 20	Dec. 13, Jan. 17, Feb. 21
Baked Cod with Sun Dried Tomato Pesto Sauce Penne Pasta Lima Beans & Corn Butternut Squash Fresh Fruit Chicken & Dumplings Peas & Carrots Spinach Crackers* - Margarine Fruit Juice Fruit Cup	Beef Bulgogi Brown Rice Asian Vegetable Blend Spinach Fresh Fruit Cheese Tortellini with Basil Pesto Sauce Broccoli Potato Salad Dinner Roll - Margarine Fruit Cup	Cheese Ravioli with Marinara Sauce Capri Vegetables Fresh Fruit Chicken Corn Chowder Dinner Roll - Margarine Winter Blend Salad Pudding** Fruit Cup	Diced Chicken with Ginger Scallion Sauce Potatoes O'Brien 5 Way Vegetable Blend Green Beans Fruit Cup Asian Braised Pork Brown Rice Edamame Carrot Salad Crackers* - Margarine Banana	Baked Cod with Creole Sauce Lemon Orzo Capri Vegetable Blend Butternut Squash Cheese Omelet Tater Tots Garden Vegetable Blend Fruit Cup Crackers* - Margarine Fruit Juice Fresh Fruit	Sweet Sour Pork Brown Rice Broccoli Carrots Fresh Fruit Braised Beef & Cabbage Peas & Mushroom Orzo Chef's Romaine Salad Dinner Roll - Margarine Fruit Juice Fruit Cup	Beef Stroganoff Egg Noodles Italian Vegetable Blend Fresh Fruit Three Bean & Spinach Soup Crackers* Pudding** Fruit Cup
Thanksgiving Day – November 26		Christmas – December 25	New Year's – January 1			
Roast Turkey with Gravy Mashed Potatoes Stuffing Green Beans Cranberry Sauce Pumpkin Pie	Glazed Ham Potato Salad Brussels Sprout Salad Dinner Roll Fresh Fruit Fruit Juice	Pot Roast Yukon Potatoes Carrots Vegetable Blend Dinner Roll Christmas Cookie	Turkey Carnitas Cilantro Lime Rice Black Beans Confetti Corn Tortillas			

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 Diet – Low Sodium Crackers**
**** Diabetic/Low Sodium Diet – Sugar Free Pudding**