



## November 2020 to February 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 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
<b>Southwest Chili</b> Brown Rice Broccoli Corn Muffin - Margarine Fresh Fruit  <b>Greek Yogurt</b> Oatmeal Muffin - Margarine Lima Bean Salad Fruit Cup	<b>Thai Diced Chicken Curry</b> Jasmine Rice Stir Fry Vegetables Whole Kernel Corn Fresh Fruit  <b>Peanut Butter &amp; Jelly</b> Whole Wheat Bread Herbed Potato Salad Crackers* - Margarine Fruit Cup Fruit Juice	<b>Breaded Fish Sticks with Tartar Sauce</b> Confetti Couscous Capri Vegetables Green Peas Fresh Fruit  <b>Sliced Turkey &amp; Cheese</b> Whole Wheat Bread Mustard & Mayonnaise Winter Mix Salad Fruit Cup	<b>Diced Pork with Red Mole Sauce</b> Sweet Potatoes Squash Medley Fresh Fruit  <b>Cottage Cheese</b> Muffin – Margarine Broccoli Edamame Salad Crackers* - Margarine Fruit Cup	<b>Salisbury Steak with Onion &amp; Mushroom Gravy</b> Mashed Potatoes Carrots & Cauliflower Fresh Fruit  <b>Tuna Salad</b> Whole Wheat Bread Garbanzo Salad Fruit Cup	<b>Diced Chicken with Marsala Sauce</b> Curried Lentils Mixed Vegetables Fresh Fruit  <b>Hummus</b> Pita Bread Confetti Corn Salad Fruit Cup	<b>Savory Turkey with Egg Noodles</b> Italian Vegetables Fresh Fruit  <b>Hard Cooked Eggs</b> Whole Wheat Bread Mayonnaise 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
<b>Beef Patty with Gravy</b> Mashed Potatoes Capri Vegetables Fresh Fruit  <b>Cottage Cheese</b> Muffin – Margarine Kidney Bean Salad Crackers* Fruit Cup	<b>Diced Pork with Sesame Sauce</b> Brown Rice Butternut Squash Spinach Fresh Fruit  <b>Chicken Salad</b> Whole Wheat Bread Chef's Romaine Salad Fruit Cup	<b>Beef Taco &amp; Spanish Rice</b> Fajita Vegetable Blend Taco Sauce Flour Tortilla Fresh Fruit  <b>Greek Yogurt</b> Oatmeal Muffin - Margarine Potato Salad Fruit Cup	<b>Mushroom Frittata</b> Diced Potatoes Garden Vegetable Blend Fresh Fruit  <b>Tuna Salad</b> Whole Wheat Bread Southwest Mix Salad Pudding** Banana	<b>California Patty with Vegetable Gravy</b> Orzo Rice Pilaf Ranch Beans Broccoli & Cauliflower Fresh Fruit  <b>Sliced Turkey &amp; Cheese</b> Whole Wheat Bread Mustard & Mayonnaise Lima Bean Salad Fruit Cup  <u>Christmas Day - Dec. 25</u> menu on the back	<b>Baked Cod with Dill Sauce</b> Quinoa Green Peas Fresh Fruit  <b>Hard Cooked Eggs</b> Whole Wheat Bread Mayonnaise Creamy Coleslaw Fruit Cup	<b>Diced Chicken Breast with Creamy Garlic Sauce</b> Penne Pasta Italian Vegetable Blend Carrots Fresh Fruit  <b>Hummus</b> Pita Bread Diced Carrot Salad Pudding** 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
<b>Armenian Eggplant Beef Casserole</b> Fresh Fruit  <b>Greek Yogurt</b> Oatmeal Muffin - Margarine Edamame Corn Salad Fruit Cup	<b>Diced Chicken &amp; Gravy</b> Sweet Potato Wedges Capri Mixed Vegetables Fresh Fruit  <b>Peanut Butter &amp; Jelly</b> Whole Wheat Bread Kidney Bean Salad Fruit Cup	<b>Beef &amp; Vegetable Stew</b> Brown Rice Broccoli Green Beans Fresh Fruit  <b>Sliced Turkey &amp; Cheese</b> Whole Wheat Bread Mustard/ Mayonnaise Crackers* Coleslaw Salad Fruit Cup	<b>Pork Patty with Mango BBQ Sauce</b> Lemon Orzo Asian Vegetable Salad Fresh Fruit  <b>Hummus</b> Pita Bread Carrot Raisin Salad Pudding** Fruit Cup  <u>Thanksgiving Day - Nov. 26</u>	<b>Beef Meatballs with Sweet &amp; Sour Sauce</b> Quinoa Spinach Fresh Fruit  <b>Chicken Salad</b> Whole Wheat Bread Winter Mix Salad Fruit Cup  <u>New Year's Day - Jan. 1</u> menu on the back	<b>Breaded Fish Sticks with Tartar Sauce</b> Home Fries Green Beans Diced Carrots Fresh Fruit  <b>Cottage Cheese</b> Muffin - Margarine Confetti Corn Salad Crackers* Fruit Cup	<b>Diced Chicken with Pesto Sauce</b> Penne Pasta Italian Vegetables Fresh Fruit  <b>Tuna Salad</b> Whole Wheat Bread Margarine Garbanzo Salad Fruit Cup



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			menu on the back			
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
<b>Macaroni &amp; Cheese</b> Country Vegetables Fresh Fruit  <b>Cottage Cheese</b> Muffin - Margarine Herbed Potato Salad Crackers* Fruit Cup	<b>Baked Cod with Caper Sauce</b> Confetti Couscous Seasonal Vegetables Peas & Carrots Fresh Fruit  <b>Chicken Salad</b> Whole Wheat Bread Chef's Romaine Salad Fruit Cup	<b>Beef Enchilada</b> Cilantro Brown Rice Garden Vegetable Blend Fresh Fruit  <b>Hard Cooked Eggs</b> Whole Wheat Bread Mayonnaise Broccoli Salad Fruit Cup	<b>Diced Chicken with Country Gravy</b> Tater Tots Mixed Vegetables Fruit Cup  <b>Hummus</b> Pita Bread Russian Beet Salad Pudding** Fruit Cup	<b>Diced Pork with Honey Mustard Sauce</b> Sweet Potatoes Spinach Fresh Fruit  <b>Sliced Turkey &amp; Cheese</b> Whole Wheat Bread Mustard & Mayonnaise Crackers* - Margarine Southwest Mix Salad Fruit Cup	<b>Diced Chicken Curry</b> Brown Rice Asian Vegetables Fresh Fruit  <b>Tuna Salad</b> Whole Wheat Bread Margarine Kidney Bean Salad Fruit Cup	<b>Meatloaf with Salvadorian Sauce</b> Diced Potatoes Seasonal Vegetable Spinach Fresh Fruit  <b>Peanut Butter &amp; Jelly</b> Whole Wheat Bread Broccoli Edamame Salad 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
<b>Baked Cod with Sun Dried Tomato Pesto Sauce</b> Penne Pasta Lima Beans & Corn Butternut Squash Fresh Fruit  <b>Greek Yogurt</b> Oatmeal Margarine Peas and Carrot Salad Fruit Cup	<b>Beef Bulgogi</b> Brown Rice Asian Vegetable Blend Spinach Fresh Fruit  <b>Hummus</b> Pita Bread Potato Salad Pudding** Fruit Cup	<b>Cheese Ravioli with Marinara Sauce</b> Capri Vegetables Fresh Fruit  <b>Sliced Turkey &amp; Cheese</b> Whole Wheat Bread Mustard/ Mayonnaise Crackers* - Margarine Winter Blend Salad Fruit Cup	<b>Diced Chicken with Ginger Scallion Sauce</b> Potatoes O'Brien 5 Way Vegetable Blend Green Beans Fruit Cup  <b>Tuna Salad</b> Whole Wheat Bread Margarine Edamame Carrot Salad Fruit Cup	<b>Baked Cod with Creole Sauce</b> Lemon Orzo Capri Vegetable Blend Butternut Squash Fruit Cup  <b>Peanut Butter &amp; Jelly</b> Whole Wheat Bread Creamy Coleslaw Fruit Cup	<b>Sweet and Sour Pork</b> Brown Rice Broccoli Carrots Fresh Fruit  <b>Hard Cooked Eggs</b> Whole Wheat Bread Mayonnaise Chef' Romaine Salad Fruit Cup	<b>Beef Stroganoff</b> Egg Noodles Italian Vegetable Blend Fresh Fruit  <b>Chicken Salad</b> Whole Wheat Bread Carrot Raisin Salad Fruit Cup
<b>Thanksgiving Day – November 26</b>  <b>Roast Turkey with Gravy</b> Mashed Potatoes Stuffing Green Beans Cranberry Sauce Pumpkin Pie		<b>Christmas – December 25</b>  <b>Pot Roast</b> Yukon Potatoes Carrots Vegetable Blend Dinner Roll Christmas Cookie	<b>New Year's – January 1</b>  <b>Turkey Carnitas</b> 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 – Low Sodium Crackers\***  
**\*\*Diabetic/Low Sodium – Sugar Free Pudding\*\***