## November 2022 to February 2023

### Frozen Meal Plan

Please Note: Menu Items are subject to change without notice due to availability.

MOWSF provides 1 serving of Beverage Mix, Milk and 2 Fruits Daily. Condiments & Juices are not listed.

---

<table>
<thead>
<tr>
<th>Sunday</th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
<th>Saturday</th>
</tr>
</thead>
<tbody>
<tr>
<td>Oct 30, Dec 4,  Jan 8</td>
<td>Oct 31, Dec 5,  Jan 9</td>
<td>Nov 1, Dec 6,  Jan 10</td>
<td>Chicken Enchilada with Sour Cream and Mixed Fajita Vegetables</td>
<td>Scrambled Egg and Bacon Omelette with Roasted Potatoes and Garden Vegetables</td>
<td>Baked Cod with Dill Sauce served on Quinoa and Collard Greens &amp; Veggies with a Muffin</td>
<td>Comfort Fish &amp; Chips with Mashed Potatoes and Sour Cream</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Vegetarian 'Beef' Tagine on Moroccan Couscous with Peas &amp; Carrots</td>
<td>Barbequed Locally Raised Pork with Sweet Potatoes, Seasonal Vegetables and Corn Muffin</td>
<td>Minestrone Soup with Marin Beef and Ditalini Pasta</td>
<td>Goose Sausage &amp; Turkey Sausage and Garden Vegetable Pasta</td>
<td>Minestrone Soup with Marin Beef and Ditalini Pasta</td>
<td>Minestrone Soup with Marin Beef and Ditalini Pasta</td>
<td>Salmon Teriyaki and Edamame Beans with Broccoli and White Rice</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Kimchi Fried Rice with Fried Tofu and Asian Vegetable Blend</td>
<td>Chicken Pot Pie with Mixed Vegetables and Sliced Buttermilk Biscuit</td>
<td>Japanese Curried Chicken and Vegetables with Brussels Sprouts and White Rice &amp; Greek Yogurt</td>
<td>Local Laught Pork Chili Verde served with Black Beans, Spinach &amp; Baja Vegetables and White Rice &amp; Sour Cream</td>
<td>Beef &amp; Pasta Bolognese with Mixed Vegetables and Parmesan Cheese</td>
<td>Baked Cod and Comeback Sauce with Spinach and Mixed Vegetables</td>
<td>Pork Stroganoff and Rigatoni Pasta with Italian Vegetables and Kale</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Oatmeal with Fruit Compote, Scrambled Eggs &amp; Turkey Sausage and Garden Vegetable Salad</td>
<td>Locally Raised Pork Chili Verde served with Black Beans, Spinach &amp; Baja Vegetables and White Rice &amp; Sour Cream</td>
<td>Beef &amp; Pasta Bolognese with Mixed Vegetables and Parmesan Cheese</td>
<td>Baked Cod and Comeback Sauce with Spinach and Mixed Vegetables</td>
<td>Pork Stroganoff and Rigatoni Pasta with Italian Vegetables and Kale</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Creamy Shrimp Alfredo and Penne Pasta with Broccoli and Parmesan Cheese</td>
<td>Ginger Lemongrass Tofu and Roasted Cashew Nuts with Spinach and Eastern Mixed Vegetables</td>
<td>French Toast with Fruit Compote and Scrambled Eggs</td>
<td>Chicken Adobo and Garden Vegetables with Brown Rice</td>
<td>Omelette with Bacon and Sweet Potatoes with Winter Vegetables</td>
<td>Meatloaf and Onion Mushroom Gravy with Mashed Potatoes, Carrots, and Broccoli</td>
<td>Baked Cod and Tuscan Vegetables Vinaigrette with Yellow Corn Polenta, Capri Vegetables &amp; Kale and Pudding**</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Local Beef and Garden Vegetables Stew with West Coast Vegetables, Collard Greens and Dinner Rol</td>
<td>Cod Creole Style and Farro with Broccoli Florets and Corn Muffin</td>
<td>Chicken Gumbo with Brown Rice and Collard Greens, Mixed Garden Vegetables &amp; Cottage Cheese</td>
<td>Creamy Chicken Potato Soup and Collard Greens, Cheddar Cheese with Three Bean Salad</td>
<td>Cheese Tortellini and Meatballs with Pesto Sauce and Italian Vegetables</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Nov 6, Dec 11, Jan 15</td>
<td>Nov 7, Dec 12, Jan 16</td>
<td>Nov 8, Dec 13, Jan 17</td>
<td>Nov 9, Dec 14, Jan 18</td>
<td>Nov 10, Dec 15, Jan 19</td>
<td>Nov 11, Dec 16, Jan 20</td>
<td>Nov 12, Dec 17, Jan 21</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Nov 13, Dec 18, Jan 22</td>
<td>Nov 14, Dec 19, Jan 23</td>
<td>Nov 15, Dec 20, Jan 24</td>
<td>Nov 16, Dec 21, Jan 25</td>
<td>Nov 17, Dec 22, Jan 26</td>
<td>Nov 18, Dec 23, Jan 27</td>
<td>Nov 19, Dec 24, Jan 28</td>
</tr>
</tbody>
</table>

---

**MOWSF provides 1 serving of Beverage Mix, Milk and 2 Fruits Daily. Condiments & Juices are not listed.**
November 2022 to February 2023
Frozen Meal Plan

Please Note: Menu Items are subject to change without notice due to availability.
MOWSF provides 1 serving of Beverage Mix, Milk and 2 Fruits Daily.
Condiments & Juices are not listed.

November 20, Dec 25, Jan 29
Southwest Chicken and Rice with Refried Beans, Fajita Vegetables and Sour Cream
Macaroni and Cheese with Spinach and Country Vegetables

November 21, Dec 26, Jan 30
Moroccan Spiced Chicken, Spinach & Lentils with Rice Pilaf and Greek Yogurt
Cheddar Cheese Omelette with Hash Brown Potatoes and Country Vegetable Blend

November 22, Dec 27, Jan 31
Pork and Apple Cider Sauce with Quinoa, Kale and Butternut Squash
Cream of Chicken and Mushroom Soup with Edamame Carrot Salad

November 23, Dec 28, Feb 1
Salmon and Mango Sauce with Mixed Vegetables and White Rice
Ma Po Tofu and Beef with Green Beans and White Rice

November 24, Dec 29, Feb 2
Scrambled Eggs with Cheddar Cheese, Roasted Potatoes & Garden Vegetables and Muffin
Manhattan Clam Chowder with Collard Greens and Crackers

November 25, Dec 30, Feb 3
Ratatouille with Shrimp, Chicken and White Beans & Greek Yogurt
Roast Chicken and Savory Gravy with Mashed Potatoes and Santa Fe Vegetables

November 26, Dec 31, Feb 4
Chickpea Parmesan and Marinara Sauce with Radiatore Pasta, Italian Vegetables and Brussels Sprouts
Southwestern Vegetable and Beef Chili with Corn Chips

November 27, Jan 1, Feb 5
Cheese Ravioli and Marinara Sauce with Meatballs, Italian Vegetables and Greek Yogurt
Cheese Ravioli and Marinara Sauce with Meatballs

November 28, Jan 2, Feb 6
Chicken Mole and Spanish Rice with Kale, Black Beans and Sour Cream
GoChujang Pork and Pepper Top Egg with Mixed Asian Vegetables and White Rice

November 29, Jan 3, Feb 7
Thai Green Curry Shrimp and Mung Bean Glass Noodles with Spinach and Mixed Vegetables
Split Pea Soup with Turkey Ham and Kale Greens

November 30, Jan 4, Feb 8
Scrambled Egg & Cheese Omelette with Enchilada Sauce, Skilled Potatoes and Seasonal Vegetables
Spaghetti and Meatballs with Marinara Sauce and Italian Vegetables

December 1, Jan 5, Feb 9
Tuna Casserole and Egg Noodles with Spinach and Peas
Chicken & Black Bean Soup with Cheddar Cheese and Santa Fe Salad

December 2, Jan 6, Feb 10
Pasture Raised Pork Jambalaya on Spanish Rice with Collard Greens and Corn Muffin
Southwest Vegetarian Chili with Cheddar Cheese, Spinach and Brown Rice

December 3, Jan 7, Feb 11
Sweet & Sour Chicken and Fried Tofu with Far East Vegetables and Brown Rice
Beef and Black Bean Sauce with Peas and White Rice

Would you like to speak to a registered dietitian nutritionist?
Our registered dietitians are food and nutrition experts and would be happy to discuss how food can improve your health and well-being.

Our nutrition team is available Monday to Friday from 9:00AM to 4:00PM. Call them at 415-920-1111.

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:
- 25% Calcium, 100% Vitamin C, 35% Vitamin B12, 23% Vitamin D3, 50% Vitamin E

Clients on a Dental Soft Diet will receive chopped, diced, or strips of meat and soft fruits or fruit cups in place of whole proteins and whole fruits. This diet also meets the standards of a Low Sodium/Diabetic Diet.

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

Our menu meets 2/3 dietary reference intake DRI for all target nutrients except for Magnesium and Vitamin D. MOWSF dietitians will provide nutrition education handout to ensure you are meeting your daily Magnesium and Vitamin D 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.