



## 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

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Oct 30, Dec 4, Jan 8	Oct 31, Dec 5, Jan 9	Nov 1, Dec 6, Jan 10	Nov 2, Dec 7, Jan 11	Nov 3, Dec 8, Jan 12	Nov 4, Dec 9, Jan 13	Nov 5, Dec 10, Jan 14
Vegetarian 'Beef' Tagine on Moroccan Couscous with Peas & Carrots  Barbequed Locally Raised Pork with Sweet Potatoes, Seasonal Vegetables and Corn Muffin	Breaded Chicken Breast with Roasted Garlic Cream Sauce and Kale, Seasonal Vegetables & Farro  Scrambled Egg Omelette and Turkey Sausage and Mixed Vegetables	Chicken Enchilada with Sour Cream and Mixed Fajita Vegetables  Chicken & Corn Soup with Adzuki Beans and Mixed Vegetables	Scrambled Egg and Bacon Omelette with Roasted Potatoes and Garden Vegetables  Chicken & Pumpkin Risotto with Spinach and Mixed Vegetable Blend	Baked Cod with Dill Sauce served on Quinoa and Collard Greens & Veggies with a Muffin  Homestyle Chicken Noodle Soup and Capri Vegetables	Chili Colorado made with Pasture Raised Beef, Refried Beans, Sunshine Carrots and Sour Cream  Pork Stroganoff and Rigatoni Pasta with Italian Vegetables and Kale	Salmon Teriyaki and Edamame Beans with Broccoli and White Rice  Salisbury Steak and Onion Mushroom Gravy with Mashed Potatoes and Brussels Sprouts
Nov 6, Dec 11, Jan 15	Nov 7, Dec 12, Jan 16	Nov 8, Dec 13, Jan 17	Nov 9, Dec 14, Jan 18	Nov 10, Dec 15, Jan 19	Nov 11, Dec 16, Jan 20	Nov 12, Dec 17, Jan 21
Kimchi Fried Rice with Fried Tofu and Asian Vegetable Blend  Chicken Pot Pie with Mixed Vegetables and Sliced Buttermilk Biscuit	Japanese Curried Chicken and Vegetables with Brussels Sprouts and White Rice & Greek Yogurt  Oatmeal with Fruit Compote, Scrambled Eggs & Turkey Sausage and Garden Vegetable Salad	Minestrone Soup with Marin Beef and Ditalini Pasta  Locally Raised Pork Chili Verde served with Black Beans, Spinach & Baja Vegetables and White Rice & Sour Cream	Mushroom and Cheese Omelette with Turkey Sausage, Roasted Potatoes and Fajita Vegetable Blend  Beef & Pasta Bolognese with Mixed Vegetables and Parmesan Cheese	Baked Cod and Comeback Sauce with Spinach and Mixed Vegetables  Marin Farm Pork Pozole with Cabbage, Corn, and Muffin	Chicken Marinara and Bow Tie Pasta with Italian Vegetables and Brussels Sprouts  Locally Raised Beef and White Bean Ragu with Carrots and Kale	Marin Pork and Dijon Mustard Sauce with Roasted Potatoes and Spinach & Capri Vegetables  Hungarian Beef Goulash with Spaetzle and Collard Greens
Nov 13, Dec 18, Jan 22	Nov 14, Dec 19, Jan 23	Nov 15, Dec 20, Jan 24	Nov 16, Dec 21, Jan 25	Nov 17, Dec 22, Jan 26	Nov 18, Dec 23, Jan 27	Nov 19, Dec 24, Jan 28
Creamy Shrimp Alfredo and Penne Pasta with Broccoli and Parmesan Cheese  Ginger Lemongrass Tofu and Roasted Cashew Nuts with Spinach and Eastern Mixed Vegetables	French Toast with Fruit Compote and Scrambled Eggs  Local Beef and Garden Vegetables Stew with West Coast Vegetables, Collard Greens and Dinner Roll	Chicken Adobo and Garden Vegetables with Brown Rice  Cod Creole Style and Farro with Broccoli Florets and Corn Muffin	Omelette with Bacon and Sweet Potatoes with Winter Vegetables  Chicken Gumbo with Brown Rice and Collard Greens, Mixed Garden Vegetables & Cottage Cheese	Meatloaf and Onion Mushroom Gravy with Mashed Potatoes, Carrots, and Broccoli  Creamy Chicken Potato Soup and Collard Greens, Cheddar Cheese with Three Bean Salad	Chicken and Peanut Sauce with Spinach, Mixed Vegetables & Brown Rice  Locally Raised Beef and Burgundy Sauce with Mashed Potatoes, Broccoli & Cauliflower Salad, and Greek Yogurt	Baked Cod and Tuscan Vegetables Vinaigrette with Yellow Corn Polenta, Capri Vegetables & Kale and Pudding**  Cheese Tortellini and Meatballs with Pesto Sauce and Italian Vegetables



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Nov 20, Dec 25, Jan 29	Nov 21, Dec 26, Jan 30	Nov 22, Dec 27, Jan 31	Nov 23, Dec 28, Feb 1	Nov 24, Dec 29, Feb 2	Nov 25, Dec 30, Feb 3	Nov 26, Dec 31, Feb 4
<b>Southwest Chicken and Rice with Refried Beans, Fajita Vegetables and Sour Cream</b>  <b>Macaroni and Cheese with Spinach and Country Vegetables</b>	<b>Moroccan Spiced Chicken, Spinach &amp; Lentils with Rice Pilaf and Greek Yogurt</b>  <b>Cheddar Cheese Omelette with Hash Brown Potatoes and Country Vegetable Blend</b>	<b>Pork and Apple Cider Sauce with Quinoa, Kale and Butternut Squash</b>  <b>Cream of Chicken and Mushroom Soup with Edamame Carrot Salad</b>	<b>Salmon and Mango Sauce with Mixed Vegetables and White Rice</b>  <b>Ma Po Tofu and Beef with Green Beans and White Rice</b>	<b>Scrambled Eggs with Cheddar Cheese, Roasted Potatoes &amp; Garden Vegetables and Muffin</b>  <b>Manhattan Clam Chowder with Collard Greens and Crackers</b>	<b>Ratatouille with Shrimp, Chicken and White Beans &amp; Greek Yogurt</b>  <b>Roast Chicken and Savory Gravy with Mashed Potatoes and Santa Fe Vegetables</b>	<b>Chicken Parmesan and Marinara Sauce with Radiatore Pasta, Italian Vegetables and Brussels Sprouts</b>  <b>Southwestern Vegetable and Beef Chili with Corn Chips</b>
Nov 27, Jan 1, Feb 5	Nov 28, Jan 2, Feb 6	Nov 29, Jan 3, Feb 7	Nov 30, Jan 4, Feb 8	Dec 1, Jan 5, Feb 9	Dec 2, Jan 6, Feb 10	Dec 3, Jan 7, Feb 11
<b>Cheese Ravioli and Marinara Sauce with Meatballs, Italian Vegetables and Greek Yogurt</b>  <b>Gochujang Pork and Pepper Top Egg with Mixed Asian Vegetables and White Rice</b>	<b>Chicken Mole and Spanish Rice with Kale, Black Beans and Sour Cream</b>  <b>Pepper &amp; Cheddar Cheese Omelet with Skillet Browned Potatoes and Garden Vegetables</b>	<b>Thai Green Curry Shrimp and Mung Bean Glass Noodles with Spinach and Mixed Vegetables</b>  <b>Split Pea Soup with Turkey Ham and Kale Greens</b>	<b>Scrambled Egg &amp; Cheese Omelette with Enchilada Sauce, Skilled Potatoes and Seasonal Vegetables</b>  <b>Spaghetti and Meatballs with Marinara Sauce and Italian Vegetables</b>	<b>Tuna Casserole and Egg Noodles with Spinach and Peas</b>  <b>Chicken &amp; Black Bean Soup with Cheddar Cheese and Santa Fe Salad</b>	<b>Pasture Raised Pork Jambalaya on Spanish Rice with Collard Greens and Corn Muffin</b>  <b>Southwest Vegetarian Chili with Cheddar Cheese, Spinach and Brown Rice</b>	<b>Sweet &amp; Sour Chicken and Fried Tofu with Far East Vegetables and Brown Rice</b>  <b>Beef and Black Bean Sauce with Peas and White Rice</b>

### 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.**

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.

\*Diabetic/Low Sodium Diet – Low Sodium

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