



**November 2022 to February 2023**

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

415-920-1111 | MOWSF.ORG

**Hot Meal Plan**

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
Cheese Ravioli with Marinara Sauce and Meatballs with Italian Vegetables, and a Greek Yogurt  Tuna Salad with Radiatore Pasta and Mixed Vegetable	Chicken Mole with Spanish Rice, Kale, Black Beans and Sour Cream  Cottage Cheese and Rice salad with a Chia Seed Vinaigrette	Thai Green Curry Shrimp and Mung Bean Glass Noodles with Spinach and Mixed Vegetables  Loaded Chicken Potato Salad with Sour Cream Dressing and Banana Muffin	Scrambled Egg & Cheese Omelette with Enchilada Sauce, Skillet Browned Potatoes and Mixed Seasonal Vegetables  Mediterranean Falafel Salad with Tzatziki Dressing	Tuna Casserole with Peas, Spinach and Egg Noodles  Pimento Cheese Sandwich with Garden Salad, Dinner Roll	Pasture Raised Pork Jambalaya on Spanish Rice with Collard Greens and a Corn Muffin  Southwest Beef Salad with Cilantro Lime Dressing	Sweet & Sour Chicken on Brown Rice with Fried Tofu and Far East Vegetables  Citrus Glazed Salmon Salad with Citrus Dressing
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
Vegetarian 'Beef' Tagine on Moroccan Couscous with Peas & Carrots  Chicken Cobb Salad with a Vinaigrette Dressing	Breaded Chicken breast with Roasted Garlic Cream Sauce on Kale and Farro with Seasonal Vegetables  Shrimp Salad with a Fennel Vinaigrette Dressing	Chicken Enchilada with Sour Cream and Fajita Mixed Vegetables  Egg Salad Sandwich and Lentil Salad with a Mustard Vinaigrette	Scrambled Egg and Bacon Omelette with Roasted Potatoes and Garden Vegetables  Tuna Salad with Radiatore Pasta and Mixed Vegetable	Baked Cod with Dill Sauce served on Quinoa and Collard Greens with Garden Vegetables and a Muffin  Loaded Chicken Potato Salad with Sour Cream dressing	Chili Colorado made with Pasture Raised Beef served with Spanish Rice, Refried Beans, Sunshine Carrots and Sour Cream  Chicken Caesar Salad with Caesar Dressing	Salmon Teriyaki with Edamame Beans, Broccoli, and White Rice  Cottage Cheese and Rice salad with a Chia Seed Vinaigrette Dressing
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 2, Jan 26	Nov 18, Dec 23, Jan 27	Nov 19, Dec 24, Jan 28
Kimchi Fried Rice with Fried Tofu and Asian Vegetable Blend  Curried Chicken and Rice Salad with Italian Dressing	Japanese Curried Chicken and Vegetables with White Rice and Brussels Sprouts, and a Greek Yogurt  Egg Salad Sandwich and Lentil Salad with a Mustard Vinaigrette	Minestrone Soup with Marin Beef and Ditalini Pasta  Pimento Cheese Sandwich with Garden Salad, Dinner Roll	Mushroom and Cheese Omelette with Turkey Sausage, Roasted Potatoes and Fajita Vegetables  Thai Chicken Salad with Peanut Dressing	Cod Filet with Comeback Sauce, Spinach and Mixed Vegetables  Chicken Cobb Salad with a Vinaigrette Dressing	Chicken Marinara on BowTie Pasta with Italian Vegetables and Brussels Sprouts  Mediterranean Falafel Salad with Tzatziki Dressing	Marin Pork with Dijon Mustard Sauce, Roasted Potatoes, Spinach & Capri Vegetables  Chicken Caesar Salad with Caesar Dressing



**November 2022 to February 2023**

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

415-920-1111 | MOWSF.ORG

**Hot Meal Plan**

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
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
Creamy Shrimp Alfredo with Parmesan Cheese on Penne Pasta with Broccoli	French Toast with Fruit Compote and Scrambled Eggs	Chicken Adobo with Brown Rice and Noodles with Garden Vegetables	Omelette with Bacon, Sweet Potatoes and Winter Vegetables	Meatloaf with Onion Mushroom Gravy, Mashed Potatoes, Carrots and Broccoli	Chicken and Peanut Sauce with Spinach and Mixed Vegetables and Brown Rice	Baked Cod with Tuscan Vegetable Vinaigrette, Yellow Corn Polenta, CapriVegetables and Kale, Pudding**
Southwest Beef Salad with Cilantro Lime Dressing	Shrimp and Mung Bean Noodle Salad with Dressing	Cottage Cheese and Rice salad with a Chia Seed Vinaigrette Dressing	Curried Chicken and Rice Salad with Italian Dressing	Shrimp Salad with a Fennel Vinaigrette Dressing	Citrus Glazed Salmon Salad with Citrus Dressing	Loaded Chicken Potato Salad with Sour Cream Dressing
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 1
Southwest Chicken with Rice, Refried Beans, Fajita Vegetables and Sour Cream	Chicken with Moroccan Spiced Spinach & Lentils on Rice Pilaf, and a Greek Yogurt	Pork with Apple Cider Sauce and Quinoa with Kale and Butternut Squash	Salmon with Mango Sauce and White Rice with Vegetables	Scrambled Eggs with Cheddar Cheese, Roasted Potatoes, Garden Vegetables and a Muffin	Ratatouille with Shrimp, Chicken and White Beans, Greek Yogurt	Chicken Parmesan with Marinara Sauce, Radiatore Pasta, Italian Vegetables and Brussels Sprouts
Pimento Cheese Sandwich with Garden Salad, Dinner Roll	Shrimp and Mung Bean Noodle Salad with Dressing	Chicken Cobb Salad with a Vinaigrette Dressing	Southwest Beef Salad with Cilantro Lime Dressing	Mediterranean Falafel Salad with Tzatziki Dressing	Thai Chicken Salad with Peanut Dressing	Tuna Salad with Radiatore Pasta and Mixed Vegetable

**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