



San Mateo County

November 2022 to February 2023

Please Note – Menu items are subject to change without notice due to availability

MOWSF provides Milk and Fruit Daily. Condiments & Juices are not listed 415-920-1111 | MOWSF.ORG

Frozen 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	Chicken Mole with Spanish Rice, Kale, Black Beans and Sour Cream	Thai Green Curry Shrimp and Mung Bean Glass Noodles with Spinach and Mixed Vegetables	Scrambled Egg & Cheese Omelette with Enchilada Sauce, Skillet Brownd Potatoes and Mixed Seasonal Vegetable	Tuna Casserole with Peas, Spinach and Egg Noodles	Pasture Raised Pork Jambalaya on Spanish Rice with Collard Greens and a Corn Muffin	Sweet & Sour Chicken on Brown Rice with Fried Tofu and Far East Vegetables
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 Morrocan Couscous with Peas & Carrots	Breaded Chicken breast with Roasted Garlic Cream Sauce on Kale and Farro with Seasonal Vegetables	Chicken Enchilada with Sour Cream and Fajita Mixed Vegetables	Scrambled Egg and Bacon Omelette with Roasted Potatoes and Garden Vegetables	Baked Cod with Dill Sauce served on Quinoa and Collard Greens with Garden Vegetables and a Muffin	Chili Colorado made with Pasture Raised Beef served with Spanish Rice, Refried Beans, Sunshine Carrots and Sour Cream	Salmon Teriyaki with Edamame Beans, Broccoli, and White Rice
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
Kimchi Fried Rice with Fried Tofu and Asian Vegetable Blend	Japanese Curried Chicken and Vegetables with White Rice and Brussels Sprouts, and a Greek Yogurt	Minestrone Soup with Marin Beef and Ditalini Pasta	Mushroom and Cheese Omelette with Turkey Sausage, Roasted Potatoes and Fajita Vegetables	Cod Filet with Comeback Sauce, Spinach and Mixed Vegetables	Locally Raised Beef and White Bean Ragu with Carrots and Kale	Marin Pork with Dijon Mustard Sauce, Roasted Potatoes, Spinach & Capri Vegetables
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	Local Beef and Garden Vegetable Stew with West Coast Vegetables, Collard Greens and a Dinner Roll	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, Capri Vegetables and Kale, Pudding**
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
Southwest Chicken with Rice, Refried Beans, Fajita Vegetables and Sour Cream	Chicken with Moroccan Spiced Spinach & Lentils on Rice Pilaf, and a Greek Yogurt	Salmon with Mango Sauce and White Rice with Vegetables	Scrambled Eggs with Cheddar Cheese, Roasted Potatoes, Garden Vegetables and a Muffin	Pork with Apple Cider Sauce and Quinoa with Kale and Butternut Squash	Chicken Marinara on BowTie Pasta with Italian Vegetables and Brussels Sprouts	Marin Pork with Dijon Mustard Sauce, Roasted Potatoes, Spinach & Capri Vegetables

Our menu meets 1/3 dietary reference intake DRI for all target nutrients except for Magnesium and Potassium. MOWSF dietitians will provide nutrition education handout to ensure you are meeting your daily Magnesium and Potassium needs. MOWSF would like to thank the Office On Aging of the County of San Mateo for their support of our program.

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