



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

Frozen Meal Plan February 2023 to May 2023

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Feb 12, Mar 19, Apr 23	Feb 13, Mar 20, Apr 24	Feb 14, Mar 21, Apr 25	Feb 15, Mar 22, Apr 26	Feb 16, Mar 23, Apr 27	Feb 17, Mar 24, Apr 28	Feb 18, Mar 25, Apr 29
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
Feb 19, Mar 26, Apr 30	Feb 20, Mar 27, May 1	Feb 21, Mar 28, May 2	Feb 22, Mar 29, May 3	Feb 23, Mar 30, May 4	Feb 24, Mar 31, May 5	Feb 25, Apr 1, May 6
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
Feb 26, Apr 2, May 7	Feb 27, Apr 3, May 8	Feb 28, Apr 4, May 9	Mar 1, Apr 5, May 10	Mar 2, Apr 6, May 11	Mar 3, Apr 7, May 12	Mar 4, Apr 8, May 13
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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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Mar 5, Apr 9, May 14	Mar 6, Apr 10, May 15	Mar 7, Apr 11, May 16	Mar 8, Apr 12, May 17	Mar 9, Apr 13, May 18	Mar 10, Apr 14, May 19	Mar 11, Apr 15, May 20
Southwest Chicken and Rice with Refried Beans, Fajita Vegetables and Sour Cream Macaroni and Cheese with Spinach and Country Vegetables	Moroccan Spiced Chicken, Spinach & Lentils with Rice Pilaf and Greek Yogurt Cheddar Cheese Omelette with Hash Brown Potatoes and Country Vegetable Blend	Pork and Apple Cider Sauce with Quinoa, Kale and Butternut Squash Cream of Chicken and Mushroom Soup with Edamame Carrot Salad	Salmon and Mango Sauce with Mixed Vegetables and White Rice Ma Po Tofu and Beef with Green Beans and White Rice	Scrambled Eggs with Cheddar Cheese, Roasted Potatoes & Garden Vegetables and Muffin Manhattan Clam Chowder with Collard Greens and Crackers	Ratatouille with Shrimp, Chicken and White Beans & Greek Yogurt Roast Chicken and Savory Gravy with Mashed Potatoes and Santa Fe Vegetables	Chicken Parmesan and Marinara Sauce with Radiatore Pasta, Italian Vegetables and Brussels Sprouts Southwestern Vegetable and Beef Chili with Corn Chips
Mar 12, Apr 16, May 21	Mar 13, Apr 17, May 22	Mar 14, Apr 18, May 23	Mar 15, Apr 19, May 24	Mar 16, Apr 20, May 25	Mar 17, Apr 21, May 26	Mar 18, Apr 22, May 27
Cheese Ravioli and Marinara Sauce with Meatballs, Italian Vegetables and Greek Yogurt Gochujang Pork and Pepper Top Egg with Mixed Asian Vegetables and White Rice	Chicken Mole and Spanish Rice with Kale, Black Beans and Sour Cream Pepper & Cheddar Cheese Omelet with Skillet Brownd Potatoes and Garden Vegetables	Thai Green Curry Shrimp and Mung Bean Glass Noodles with Spinach and Mixed Vegetables Split Pea Soup with Turkey Ham and Kale Greens	Scrambled Egg & Cheese Omelette with Enchilada Sauce, Skilled Potatoes and Seasonal Vegetables Spaghetti and Meatballs with Marinara Sauce and Italian Vegetables	Tuna Casserole and Egg Noodles with Spinach and Peas Chicken & Black Bean Soup with Cheddar Cheese and Santa Fe Salad	Pasture Raised Pork Jambalaya on Spanish Rice with Collard Greens and Corn Muffin Southwest Vegetarian Chili with Cheddar Cheese, Spinach and Brown Rice	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:

20% Calcium, 66% Vitamin C, 82% Vitamin B12, 23% Vitamin D3, 73% 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