



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

**Hot Meal Plan February to May 2023**

415-920-1111 | MOWSF.ORG

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



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

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