



**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**

SAN MATEO 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
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 Browned 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
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
Vegetarian 'Beef' Tagine on Moroccan 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
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
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 Ragù with Carrots and Kale	Marin Pork with Dijon Mustard Sauce, Roasted Potatoes, Spinach & Capri Vegetables
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	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**
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	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 Vitamin D. 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