



June 2023 to September 2023

Please Note- Menu Items are subject to change without notice due to availability

MOWSF provides 2 serving of dairy and 2 Fruits Daily. Condiments & Juices are not listed

Frozen Meal Plan

415-920-1111 | MOWSF.ORG

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Jun 25, Jul 30, Sep 3	Jun 26, Jul 31, Sep 4	Jun 27, Aug 1, Sep 5	Jun 28, Aug 2, Sep 6	Jun 29, Aug 3, Sep 7	Jun 30, Aug 4, Sep 8	Jul 1, Aug 5, Sep 9
<b>Spanish Fried Eggs with Peppers, Enchilada Sauce and Cheese.</b> Contains: Egg, Soy, Milk	<b>Smoked Gouda Mac &amp; Cheese with Mixed Vegetables</b> Contains: Wheat, Milk, Soy	<b>Mango Lemongrass Salmon with Green Beans &amp; Brown Rice</b> Contains: Seafood (Salmon, Anchovy), Soy, Wheat	<b>Sweet &amp; Sour Chicken and Tofu with Stir Fry Vegetables and Brown Rice</b> Contains: Soy, Wheat, Sesame	<b>Beef Tagine with Golden Rice Pilaf and Mixed Vegetables</b> Contains: Milk, Wheat, Treenuts (Almonds)	<b>Mushroom Farrotto with Chicken</b> Contains: Wheat, Milk	<b>Pork Chile Verde with Brown Rice, Black Beans, Spinach and Baja Vegetables</b> Contains: Milk
<b>Beef and Green Beans with Fermented Black Beans and Brown Rice</b> Contains: Soy, Wheat, Milk, Sesame	<b>Chicken Gumbo on Brown Rice with Collard Greens and Garden Vegetables</b> Contains: Wheat	<b>Chicken Enchilada with Spanish Rice, Black Beans and Peppers</b> Contains: Milk, Wheat, Soy	<b>Pasta and Meatballs with Italian Mixed Vegetables</b> Contains: Wheat, Milk,	<b>Bacon &amp; Vegetable Omelet with Roasted Potatoes</b> Contains: Egg, Milk, Soy	<b>Local Beef and Garden Vegetable Stew with Collard Greens</b> Contains: Seafood (Anchovy), Wheat	<b>Tuna Noodle Casserole with Spinach</b> Contains: Wheat, Egg, Milk, Soy, Seafood (Tuna)
Jul 2, Aug 6, Sep 10	Jul 3, Aug 7, Sep 11	Jul 4, Aug 8, Sep 12	Jul 5, Aug 9, Sep 13	Jul 6, Aug 10, Sep 14	Jul 7, Aug 11, Sep 15	Jul 8, Aug 12, Sep 16
<b>Cheddar Cheese &amp; Pepper Omelet with Skillet Browned Potatoes, Garden Vegetables</b> Contains: Egg, Milk, Soy,	<b>Red Curried Chicken &amp; Butternut Squash with Brown Rice &amp; Broccoli</b> Contains: Seafood(Shrimp), Wheat, Milk	<b>Lamb Casserole with Rosti Potatoes and Vegetables</b> Contains: Milk, Wheat, Soy	<b>Tikka Marsala Cod with Brown Rice and Cecci Bean Pilaf, Broccoli</b> Contains: Seafood (Cod), Wheat, Milk	<b>Chicken Parmesan with Marinara Sauce and Pasta Italian Vegetables and Brussels Sprouts</b> Contains: Wheat, Milk	<b>Pork with Fried Egg and Gochujang Sauce with Mixed Vegetables, Brown Rice</b> Contains: Egg, Soy, Sesame	<b>Beef Pot Roast with Polenta, Carrots &amp; Kale</b> Contains: Milk, Wheat, Soy, Seafood (Anchovy)
<b>Chili Colorado made with Pasture Raised Beef and Spanish Rice, Refried Beans &amp; Sunshine Carrots</b> Contains: Soy, Milk, Sesame	<b>Chicken Corn Chowder</b> Contains: Milk, Wheat, Soy	<b>Ginger &amp; Chili Pork with Brown Rice and Imperial Vegetables</b> Entrée Contains: Milk, Soy, Wheat	<b>Salisbury Steak with Tomato Sauce and Roasted Potatoes, Spinach &amp; Corn</b> Contains: Soy, Wheat, Milk	<b>Mushroom Pepper Omelet with Roasted Potatoes</b> Contains: Egg, Milk, Soy	<b>Home Style Chicken Noodle Soup</b> Contains: Wheat, Soy, Milk	<b>Chicken &amp; Biscuit with Wild Rice &amp; Vegetable Medley</b> Contains: Wheat, Soy, Milk
Jul 9, Aug 13, Sep 17	Jul 10, Aug 14, Sep 18	Jul 11, Aug 15, Sep 19	Jul 12, Aug 16, Sep 20	Jul 13, Aug 17, Sep 21	Jul 14, Aug 18, Sep 22	Jul 15, Aug 19, Sep 23
<b>Bacon &amp; Vegetable Omelet with Roasted Potatoes</b> Contains: Egg, Milk, Soy	<b>Locally Raised Beef with Bechamel Sauce, Spiced Beans and Tomatoes</b> Contains: Milk, Wheat	<b>Potato Crusted Pollock with Greens, Beans, Tomato &amp; Garlic</b> Contains: Seafood (Tilapia), Soy, Milk	<b>Chicken Piccata with Lemon Caper Sauce, Brown Rice and Vegetables</b> Contains: Wheat, Milk	<b>Mustard Glazed Pork with Brown Rice and Buttered Vegetables</b> Contains: Wheat, Milk	<b>Swedish Meatballs on Noodles with Mixed Vegetables</b> Contains: Wheat, Seafood (Anchovy), Milk	<b>Chorizo Spiced Vegetarian 'Gratin'</b> Contains: Soy, Milk, Wheat
<b>Peanut Sauce Chicken with Brown Rice and Mixed Vegetables</b> Contains: Groundnuts (Peanuts), Soy, Wheat, Seafood (Anchovy), Sesame	<b>Creamy Potato Soup with Chicken, Collard Greens and Cheddar Cheese</b> Contains: Wheat, Milk	<b>Ginger Lemongrass Tofu with Cashews, Vegetables &amp; Brown Rice</b> Contains: Soy, Wheat, Treenuts (Cashews)	<b>Beef Bolognese with Whole Wheat Pasta Italian Vegetables</b> Contains: Wheat, Milk, Soy, Seafood (Anchovy)	<b>Southwest Vegetable Omelet</b> Contains: Eggs, Milk, Soy, Wheat	<b>Green Coconut Shrimp with Mixed Vegetables and Brown Rice</b> Contains: Shellfish (Shrimp), Soy, Wheat	<b>Beef &amp; Barley Soup</b> Contains: Wheat



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Jul 16, Aug 20, Sep 24	Jul 17, Aug 21, Sep 25	Jul 18, Aug 22, Sep 26	Jul 19, Aug 23, Sep 27	Jul 20, Aug 24, Sep 28	Jul 21, Aug 25, Sep 29	Jul 22, Aug 26, Sep 30
<b>Southwest Vegetable Omelet</b> Contains: Eggs, Milk, Soy, Wheat  <b>Spinach Risotto with Chicken and Italian Vegetables</b> Contains: Milk	<b>Chicken Tikka Masala with Vegetable Dal</b> Contains: Wheat  <b>Pork Posole with Corn and Cabbage</b> Contains: Milk, Soy, Wheat	<b>Shrimp &amp; Chorizo Paella with Broccoli</b> Contains: Milk, Shellfish (Shrimp)  <b>Egg Fried Rice with Kimchi</b> Contains: Eggs, Milk, Soy, Wheat, Sesame	<b>Cheese Ravioli with Marinara Sauce and Meatballs, Garden Vegetables</b> Contains: Milk, Egg, Wheat  <b>Corn Soup with Chicken Edamame Beans, Mixed Vegetables</b> Contains: Soy, Wheat, Sesame, Milk	<b>Vegan 'Lamb' and White Bean Ragu Wild Rice and Collard Greens</b>  <b>Southwest Vegetable Omelet</b> Contains: Eggs, Milk, Soy, Wheat	<b>Hungarian Vegan 'Beef' Goulash with Barley and Collard Greens</b> Contains: Wheat, Soy  <b>French Onion Soup made with Local Beef</b> Contains: Milk, Wheat, Soy	<b>Chicken Adobo with Seasonal Vegetables and Brown Rice</b> Contains: Soy, Wheat, Milk  <b>Ratatouille &amp; Pasta with Potato Crusted Pollock</b> Contains: Wheat, Soy, Milk, Seafood (Anchovies)
Jul 23, Aug 27, Oct 1	Jul 24, Aug 28, Oct 2	Jul 25, Aug 29, Oct 3	Jul 26, Aug 30, Oct 4	Jul 27, Aug 31, Oct 5	Jul 28, Sep 1, Oct 6	Jul 29, Sep 2, Oct 7
<b>Egg &amp; Cheese Omelette with Enchilada Sauce Mixed Seasonal Vegetables</b> Contains: Egg, Milk, Soy  <b>Chicken Mole with Spanish Rice, Kale and Black Beans</b> Contains: Soy, Wheat, Sesame, Seafood (Anchovies)	<b>Chicken with Savory Gravy Mashed Potatoes and Broccoli</b> Contains: Milk, Wheat  <b>Loaded Baked Potato with Beef, Cheddar Cheese &amp; Broccoli</b> Contains: Soy, Milk	<b>Pork with Mushroom Mornay, Roasted Potatoes, Peas &amp; Carrots</b> Contains: Milk, Wheat  <b>Shrimp &amp; Grits with Seasonal Vegetables</b> Contains: Milk, Seafood (Shrimp),	<b>Pasta Primavera with Pasta e Fagioli</b> Contains: Wheat, Soy, Milk, Treenuts (Pinenuts)  <b>Ma Po Beef and Tofu with Green Beans, Brown Rice</b> Contains: Soy, Wheat, Sesame, Seafood (Anchovies)	<b>Teriyaki Salmon with Broccoli, Edamame &amp; Brown Rice</b> Contains: Soy, Seafood (Salmon), Wheat, Sesame  <b>Split Pea Soup with Turkey Ham, Buttered Kale</b> Contains: Wheat, Soy, Milk	<b>Beef Chili and Corn Chip 'Pepper Bellies' with Southwest Vegetables</b>  <b>Bacon &amp; Vegetable Omelet with Roasted Potatoes</b> Contains: Egg, Milk, Soy	<b>Cheese Tortellini with Chicken and Pesto Sauce with Italian Vegetables</b> Contains: Milk, Wheat, Soy, Treenuts (Pinenuts)  <b>Cauliflower Soup with Chicken and &amp; Roasted Red Pepper Puree</b> Contains: Wheat, Milk, Soy, Treenuts (Almonds)

**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.

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 Services of the City and County of San Francisco for their generous 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