



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

Hot Meal Plan

415-920-1111 | MOWSF.ORG

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Jun 25, Jul 30, Sept 3	Jun 26, Jul 31, Sept 4	Jun 27, Aug 1, Sept 5	Jun 28, Aug 2, Sept 6	Jun 29, Aug 3, Sept 7	Jun 30, Aug 4, Sept 8	Jul 1, Aug 5, Sept 9
Spanish Fried Eggs with Peppers, Enchilada Sauce and Cheese. Contains: Egg, Soy, Milk	Smoked Gouda Mac & Cheese with Mixed Vegetables Contains: Wheat, Milk, Soy	Mango Lemongrass Salmon with Green Beans & Brown Rice Contains: Seafood (Salmon, Anchovy), Soy, Wheat	Sweet & Sour Chicken and Tofu with Stir Fry Vegetables and Brown Rice Contains: Soy, Wheat, Sesame	Beef Tagine with Golden Rice Pilaf and Mixed Vegetables Contains: Milk, Wheat, Treenuts (Almonds)	Mushroom Farrotto with Chicken Contains: Wheat, Milk	Pork Chile Verde with Brown Rice, Black Beans, Spinach and Baja Vegetables Contains: Milk
Greek Citrus Salad with Tuna Contains: Seafood (Albacore Tuna), Soy, Egg, Milk	Japanese Chicken Salad with Soba Noodles Contains: Wheat, Soy, Sesame	Wedge Salad with Cottage Cheese and Carrot Salad with Lemon Paprika Dressing Contains: Milk	Southwest Beef Salad with Quinoa, Cumin Cilantro Vinaigrette Contains: Milk	Orzo & White Bean Salad with Chicken and Sun Dried Tomatoes Contains: Wheat, Egg, Milk	Thai Shrimp Salad with Sesame Lime Dressing Contains: Soy, Wheat, Sesame, Seafood (Anchovy), Shellfish (Shrimp), Groundnuts (Peanuts)	Curried Chicken, Cauliflower and Sweet Potato Salad with Toasted Almonds & Raisins Contains: Treenuts (Almond), Soy, Egg, Milk
Jul 2, Aug 6, Sept 10	Jul 3, Aug 7, Sept 11	Jul 4, Aug 8, Sept 12	Jul 5, Aug 9, Sept 13	Jul 6, Aug 10, Sept 14	Jul 7, Aug 11, Sept 15	Jul 8, Aug 12, Sept 16
Cheddar Cheese & Pepper Omelet with Skillet Browned Potatoes, Garden Vegetables Contains: Egg, Milk, Soy,	Red Curried Chicken & Butternut Squash with Brown Rice & Broccoli Contains: Seafood(Shrimp), Wheat, Milk	Lamb Casserole with Rosti Potatoes and Vegetables Contains: Milk, Wheat, Soy	Tikka Marsala Cod with Brown Rice and Cecci Bean Pilaf, Broccoli Contains: Seafood (Cod), Wheat, Milk	Chicken Parmesan with Marinara Sauce and Pasta Italian Vegetables and Brussels Sprouts Contains: Wheat, Milk	Pork with Fried Egg and Gochujang Sauce with Mixed Vegetables, Brown Rice Contains: Egg, Soy, Sesame	Beef Pot Roast with Polenta, Carrots & Kale Contains: Milk, Wheat, Soy, Seafood (Anchovy)
Italian Chicken Salad with Walnuts and Grapes Contains: Treenuts (Walnuts), Milk, Soy, Egg	Peruvian Potato and Egg Salad Contains: Egg, Soy, Milk	Tandoori Chicken Salad with Hummus and Cucumbers Contains: Milk, Sesame	Vegan 'Lamb' and Mediterranean Salad Contains: Milk	Seafood Pasta Salad Contains: Seafood (Pollock, Pacific Whiting), Shellfish (Shrimp), Wheat,	Fried Chicken with Roasted Squash & Sweet Corn with Buttermilk Dressing Contains: Milk, Soy, Wheat, Egg	Southeast Asian Turkey Salad with Soy Lime Dressing Contains: Soy, Wheat, Sesame
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
Bacon & Vegetable Omelet with Roasted Potatoes Contains: Egg, Milk, Soy	Locally Raised Beef with Bechamel Sauce, Spiced Beans and Tomatoes Contains: Milk, Wheat	Potato Crusted Pollock with Greens, Beans, Tomato & Garlic Contains: Seafood (Tilapia), Soy, Milk	Chicken Piccata with Lemon Caper Sauce, Brown Rice and Vegetables Contains: Wheat, Milk	Mustard Glazed Pork with Brown Rice and Buttered Vegetables Contains: Wheat, Milk	Swedish Meatballs on Noodles with Mixed Vegetables Contains: Wheat, Seafood (Anchovy), Milk	Chorizo Spiced Vegetarian 'Gratin' Contains: Soy, Milk, Wheat
Greek Citrus Salad with Tuna Contains: Seafood (Albacore Tuna), Soy, Egg, Milk	Vegetable & Cheese Frittata Contains: Egg, Milk, Soy	Japanese Chicken Salad with Soba Noodles Contains: Wheat, Soy, Sesame	Wedge Salad with Cottage Cheese and Carrot Salad with Lemon Paprika Dressing Contains: Milk	Orzo & White Bean Salad with Chicken and Sun Dried Tomatoes Contains: Wheat, Egg, Milk	Curried Chicken, Cauliflower and Sweet Potato Salad with Toasted Almonds & Raisins Contains: Treenuts (Almond), Soy, Egg, Milk	Southwest Beef Salad with Quinoa, Cumin Cilantro Vinaigrette Contains: Milk



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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
Southwest Vegetable Omelet Contains: Eggs, Milk, Soy, Wheat Thai Shrimp Salad with Sesame Lime Dressing Contains: Soy, Wheat, Sesame, Seafood (Anchovy), Shellfish (Shrimp), Groundnuts (Peanuts)	Chicken Tikka Masala with Vegetable Dal Contains: Wheat Peruvian Potato and Egg Salad Contains: Egg, Soy, Milk	Shrimp & Chorizo Paella with Broccoli Contains: Milk, Shellfish (Shrimp) Italian Chicken Salad with Walnuts and Grapes Contains: Treenuts (Walnuts), Milk, Soy, Egg	Cheese Ravioli with Marinara Sauce and Meatballs, Garden Vegetables Contains: Milk, Egg, Wheat Tandoori Chicken Salad with Hummus and Cucumbers Contains: Milk, Sesame	Vegan 'Lamb' and White Bean Ragu Wild Rice and Collard Greens Seafood Pasta Salad Contains: Seafood (Pollock, Pacific Whiting), Shellfish (Shrimp), Wheat,	Hungarian Vegan 'Beef' Goulash with Barley and Collard Greens Contains: Wheat, Soy Fried Chicken with Roasted Squash & Sweet Corn and Buttermilk Dressing Contains: Milk, Soy, Wheat, Egg	Chicken Adobo with Seasonal Vegetables and Brown Rice Contains: Soy, Wheat, Milk Vegan 'Lamb' and Mediterranean Salad Contains: Milk
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, Sept 1, Oct 6	Jul 29, Sept 2, Oct 7
Egg & Cheese Omelette with Enchilada Sauce Mixed Seasonal Vegetables Contains: Egg, Milk, Soy Southeast Asian Turkey Salad with Soy Lime Dressing Contains: Soy, Wheat, Sesame	Chicken with Savory Gravy, Mashed Potatoes and Broccoli Contains: Milk, Wheat Vegetable & Cheese Frittata Contains: Egg, Milk, Soy	Pork with Mushroom Mornay, Roasted Potatoes, Peas & Carrots Contains: Milk, Wheat Curried Chicken, Cauliflower and Sweet Potato Salad with Toasted Almonds & Raisins Contains: Treenuts (Almond), Soy, Egg, Milk	Pasta Primavera with Pasta e Fagioli Contains: Wheat, Soy, Milk, Treenuts (Pinenuts) Southwest Beef Salad with Quinoa, Cumin Cilantro Vinaigrette Contains: Milk	Teriyaki Salmon with Broccoli, Edamame & Brown Rice Contains: Soy, Seafood (Salmon), Wheat, Sesame Japanese Chicken Salad with Soba Noodles Contains: Wheat, Soy, Sesame	Beef Chili and Corn Chip 'Pepper Bellies' with Southwest Vegetables Peruvian Potato and Egg Salad Contains: Egg, Soy, Milk	Cheese Tortellini with Chicken and Pesto Sauce with Italian Vegetables Contains: Milk, Wheat, Soy, Treenuts (Pinenuts) Greek Citrus Salad with Tuna Contains: Seafood (Albacore Tuna), Soy, Egg, Milk

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