



San Mateo County July 2023 to October 2023

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

MOWSF provides 1 serving of dairy and 1 Fruit Daily. Condiments & Juices are not listed.

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
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
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
Cheddar Cheese & Pepper Omelet with Skillet Brownd 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)
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



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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	Chicken Tikka Masala with Vegetable Dal Contains: Wheat	Shrimp & Chorizo Paella with Broccoli Contains: Milk, Shellfish (Shrimp)	Cheese Ravioli with Marinara Sauce and Meatballs, Garden Vegetables Contains: Milk, Egg, Wheat	Vegan 'Lamb' and White Bean Ragu Wild Rice and Collard Greens	Hungarian Vegan 'Beef' Goulash with Barley and Collard Greens Contains: Wheat, Soy	Chicken Adobo with Seasonal Vegetables and Brown Rice Contains: Soy, Wheat, 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, Sep 1, Oct 6	Jul 29, Sep 2, Oct 7
Egg & Cheese Omelet with Enchilada Sauce Mixed Seasonal Vegetables Contains: Egg, Milk, Soy	Chicken with Savory Gravy Mashed Potatoes and Broccoli Contains: Milk, Wheat	Pork with Mushroom Mornay, Roasted Potatoes, Peas & Carrots Contains: Milk, Wheat	Pasta Primavera with Pasta e Fagioli Contains: Wheat, Soy, Milk, Treenuts (Pinenuts)	Teriyaki Salmon with Broccoli, Edamame & Brown Rice Contains: Soy, Seafood (Salmon), Wheat, Sesame	Beef Chili and Corn Chip 'Pepper Bellies' with Southwest Vegetables	Cheese Tortellini with Chicken and Pesto Sauce with Italian Vegetables Contains: Milk, Wheat, Soy, Treenuts (Pinenuts)

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 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 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.