

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 Jun 25, Jul 31, Sep 4 Jun 25, Jul 31, Sep 4 Spanish Fried Eggs Symboled Gouda Mae & Mango Lemongrass Spanish Fried Eggs Symboled Gouda Mae & Cheese with Mixed Vegetables Contains: Wheat, Milk Jul 2, Aug 6, Sep 10 Jul 3, Aug 7, Sep 11 Cheddar Cheese & Red Curried Chicken Sory Jul 3, Aug 7, Sep 11 Cheddar Cheese & Red Curried Chicken Sory Jul 3, Aug 7, Sep 12 Jul 4, Aug 8, Sep 12 Jul 4, Aug 8, Sep 12 Jul 5, Aug 9, Sep 13 Jul 6, Aug 10, Sep 14 Tikka Marsala Cod with Brown Rice & Surtenut Sylabeles Contains: Seafood (Cod), Wheat, Milk Skillet Browned Potatoes, Carden Vegetables Contains: Seafood (Cod), Wheat, Milk Sory Jul 10, Aug 13, Sep 17 Jul 10, Aug 14, Sep 18 Bacon & Vegetable Contains: Seafood (Cod), Wheat, Milk Sory Jul 11, Aug 14, Sep 18 Bacon & Vegetable Contains: Wheat, Milk Milk Wheat Jul 11, Aug 14, Sep 18 Jul 11, Aug 15, Sep 19 Jul 11, Aug 15, Sep 19 Jul 12, Aug 16, Sep 20 Jul 15, Aug 10, Sep 14 Chicken Parmesan With Brown Rice Brown Rice Contains: Wheat, Milk Contains: Seafood (Cod), Wheat, Milk Contains: Wheat, Milk Contains: Wheat, Milk Contains: Wheat, Milk Contains: Wheat, Milk Wheat Jul 10, Aug 13, Sep 17 Jul 10, Aug 14, Sep 18 Jul 11, Aug 15, Sep 19 Jul 11, Aug 16, Sep 20 Jul 12, Aug 10, Sep 14 Chicken Parmesan With Marinara Sauce and Senout With Marinara Sauce and Senout Contains: Wheat, Milk Contains: Wheat, Milk Wheat Conta				1 100			
Spanish Fried Eggs with Peppers, with Peppers, with Peppers, Contains: Wheat, Milk, Soy Smoked Gouda Mac & Cheese with Mixed Vegetables Contains: Wheat, Milk, Soy Mango Lemongrass Salmon with Green Beans & Brown Rice Contains: Wheat, Milk, Soy Milk Soy Mango Lemongrass Salmon with Green Beans & Brown Rice Contains: Wheat, Milk, Soy Milk Soy Mango Lemongrass Salmon with Green Beans & Brown Rice Contains: Wheat, Milk, Soy Milk Wheat, Soy Mango Lemongrass Salmon with Green Beans & Brown Rice Contains: Milk, Wheat, Treenuts (Almonds) Soy Milk Wheat, Milk, Wheat, Treenuts (Almonds) Mushroom Farrotto with Golden Rice Pilaf and Mixed Vegetables Contains: Milk, Wheat, Treenuts (Almonds) Spinach and Baja Vegetables Contains: Milk, Wheat, Treenuts (Almonds) Soy, Wheat Soy Milk Wheat, Milk Wheat, Soy, Wheat Mushroom Farrotto with Golden Rice Pilaf and Mixed Vegetables Contains: Milk, Wheat, Treenuts (Almonds) Soy, Wheat Soy, Wheat, Soy, Wheat, Seame Soy Milk Wheat, Milk Wheat, Treenuts (Almonds) Soy, Wheat Soy, Wheat, Sey 912 Jul 3, Aug 7, Sep 11 Jul 4, Aug 8, Sep 12 Jul 5, Aug 9, Sep 13 Tikka Marsala Cod with Brown Rice and Vegetables Contains: Wheat, Milk Soy Contains: Milk, Wheat, Treenuts (Almonds) Soy Tikka Marsala Cod with Brown Rice and Vegetables Contains: Seafood (Cod), Wheat, Milk Soy Contains: Milk, Wheat, Treenuts (Almonds) Mushroom Farrotto with With Chicken Contains: Milk, Wheat, Treenuts (Almonds) Soy Jul 6, Aug 10, Sep 14 Tikka Marsala Cod with Brown Rice and Brussels Sprouts Contains: Seafood (Cod), Wheat, Milk Contains: Wheat, Milk Soy Contains: Milk, Wheat Treenuts (Almonds) Mushroom Farrotto with Contains: With All Milk, Wheat, Treenuts (Almonds) Solice Beans and Towath Rice Contains: Seafood (Contains: Soy, Wheat, Soy, Seafood Contains: Wheat, Milk Soy Milk Wheat Soy Milk Wheat Dul 13, Aug 10, Sep 14 Tikka Marsala Cod With Brion Rice All Milk With All Marinara Sauce and Brussels Sprouts Contains: Wheat, Milk Vegetables Contains: Wheat, Milk Octorians: Mil				· · · · · · · · · · · · · · · · · · ·	9		
Cheese with Mixed Vegetables Contains: Wheat, Milk, Soy Cheese & Contains: Wheat, Milk, Soy Milk Cheese & Contains: Wheat, Milk, Soy Milk Cheese & Contains: Wheat, Milk, Soy Milk Cheese & Contains: Wheat, Milk, Soy Contains: Wheat, Milk Salmon with Green Beans & Brown Rice Contains: Seafood (Salmon, Anchovy), Soy, Wheat Salmon with Green Beans & Brown Rice Contains: Wheat, Milk Soy Contains: Seafood (Salmon, Anchovy), Soy, Wheat Soy Contains: Wheat, Milk Salmon with Green Beans & Brown Rice Contains: Wheat, Milk Wheat, Soy With Chicken Contains: Wheat, Milk Wheat, Treenuts (Almonds) Soy With Chicken Contains: Wheat, Milk Wheat, Treenuts (Almonds) Soy With Chicken Contains: Wheat, Milk Wheat, Soy, Wheat, Treenuts (Almonds) Soy With Chicken Contains: Wheat, Milk Wheat, Treenuts (Almonds) Soy With Chicken Contains: Wheat, Milk Wheat, Soy, Wheat, Soy, Wheat, Treenuts (Almonds) Soy With Chicken Contains: Wheat, Milk Wheat, Soy, Wheat, Soy, Wheat, Soy, Wheat, Treenuts (Almonds) Soy With Chicken Contains: Wheat, Milk Wheat, Soy, Wheat, Soy, Wheat, Soy, Wheat, Treenuts (Almonds) Soy Soy, Wheat Salmon with Green Beans & Brown Rice Contains: Wheat, Soy, Seafood Contains: Soy, Wheat, Sep 13 Jul 5, Aug 9, Sep 13 Jul 6, Aug 10, Sep 14 Tikka Marsala Cod with Marinara Sauce and With Marinara Sauce and Wegetables Contains: Wheat, Milk Soy Soy With Brown Rice A Broccoli Contains: Wheat, Milk With Brown Rice A Broccoli Contains: Wheat, Milk Soy Sold Range Rice Contains: Wheat, Milk With Chicken Contains: Whith All Rice Contains: Wheat, Milk With Chicken Plant Rice All Rice Contains: Wheat, Milk With Chicken Contains: Wheat, Milk With Chicken Plant Rice All Rice Contains: Wheat, Milk With Chicken Contains: Wheat, Milk With Chicken Contains: Wheat, Milk With Chicken Contains: Wheat, Milk With C							
Enchilada Sauce and Cheese. Contains: Wheat, Milk, Soy Beans & Brown Rice Contains: Seafood (Salmon, Anchovy), Soy, Wheat Jul 2, Aug 6, Sep 10 Cheddar Cheese & Pepper Omelet with Skillet Browned Potatoes, Carden Vegetables Contains: Milk, Wheat, Soy Wheat, Milk Jul 9, Aug 13, Sep 17 Bacon & Vegetables Contains: Wheat, Milk Jul 10, Aug 11, Sep 18 Beans & Brown Rice Contains: Seafood (Salmon, Anchovy), Soy, Wheat, Sesame Vegetables and Brown Rice Contains: Milk, Wheat, Sesame Vegetables and Brown Rice Contains: Milk, Wheat, Treenuts (Almonds) Jul 10, Aug 10, Sep 14 Chicken Parmesan with Brown Rice and Ceci Bean Pilaf, Broccoli Contains: Milk, Wheat, Soy Wheat, Milk Soy Vegetables and Brown Rice Contains: Milk, Wheat, Sesame Vegetables Contains: Milk Aug 10, Sep 14 Chicken Parmesan with Brown Rice and Ceci Bean Pilaf, Broccoli Contains: Milk, Wheat, Soy Contains: Milk, Wheat, Soy Vegetables Contains: Wheat, Milk Contains: Milk, Wheat, Spinach and Baja Contains: Milk, Wheat, Treenuts (Almonds) Jul 10, Aug 10, Sep 14 Chicken Parmesan with Brown Rice and Ceci Bean Pilaf, Broccoli Contains: Wheat, Milk Contains: Milk, Wheat, Spinach and Baja Contains: Milk, Wheat, Treenuts (Almonds) Jul 10, Aug 10, Sep 14 Chicken Parmesan with Brown Rice and Ceci Bean Pilaf, Broccoli Contains: Wheat, Milk Contains: Wheat, Milk Potato Crusted Onlet with Roasted Potatoes Contains: Wheat, Milk Nustard Glazed Pork with Brown Rice and Brow							
Contains: Egg, Soy, Milk Jul 2, Aug 6, Sep 10 Cheddar Cheese & Pepper Omelet with Skillet Browned Potatoes, Garden Vegetables Contains: Egg, Milk, Soy, Jul 9, Aug 13, Sep 17 Bacon & Vegetable Omelet with Roasted Potatoes Contains: Egg, Milk, Soy Jul 9, Aug 13, Sep 17 Bacon & Vegetable Contains: Egg, Milk, Soy Contains: Seafood (Salmon, Anchovy), Soy, Wheat Rice Contains: Soy, Wheat, Sesame Rice Contains: Milk, Wheat, Treenuts (Almonds) Rice Contains: Milk, Wheat, Treenuts (Almonds) Spinach and Baja Vegetables Contains: Milk, Wheat, Treenuts (Almonds) Spinach and Baja Vegetables Contains: Milk, Wheat, Treenuts (Almonds) Spinach and Baja Vegetables Contains: Milk, Wheat, Treenuts (Almonds) Spinach and Baja Vegetables Contains: Milk, Wheat, Treenuts (Almonds) Spinach and Baja Vegetables Contains: Milk, Wheat, Treenuts (Almonds) Spinach and Baja Vegetables Contains: Milk, Wheat, Treenuts (Almonds) Spinach and Baja Vegetables Contains: Milk, Wheat, Treenuts (Almonds) Spinach and Baja Vegetables Contains: Milk Contains: Soy, Wheat, Treenuts (Almonds) Jul 6, Aug 10, Sep 14 Jul 7, Aug 11, Sep 15 Jul 8, Aug 12, Sep 16 Chicken Parmesan with Marinara Sauce and Perus and Vegetables Contains: Milk, Wheat, Soy, Seafood (Cod), Wheat, Milk Contains: Seafood (Cod), Wheat, Milk Contains: Wheat, Milk Dul 1, Aug 1, Sep 15 Jul 1, Aug 1, Sep 15 Jul 1, Aug 1, Sep 15 Jul 1, Aug 11, Sep 16 Chicken Parmesan with Marinara Sauce and Perus and Vegetables, Contains: Wheat, Milk Contains: Wheat, Milk Contains: Wheat, Milk Contains: Milk, Wheat, Treenuts (Almonds) Jul 1, Aug 11, Sep 15 Jul 1, Aug 11, Sep 15 Jul 1, Aug 11, Sep 16 Chicken Parmesan with Marinara Sauce and Perus Aliain vith Marinara Sauce and Perus Aliain vith Marinara Sauce and Perus Aliain vith Marinara Sauce and Vegetables Contains: Wheat, Milk Contains: Wheat, Milk Contains: Milk, Wheat, Treenuts (Almonds) Sul 1, Aug 12, Sep 14 Jul 1, Aug 13, Sep 17 Jul 10, Aug 14, S				_			
Contains: Egg, Soy, Milk Jul 2, Aug 6, Sep 10 Cheddar Cheese & Red Curried Chicken & Butternut Squash with Brown Rice & Broccoli Contains: Milk, Wheat, Soy, Contains: Egg, Milk, Soy, Soy Soy Soy Soy Soy Soy Soy						Contains: Wheat, Milk	•
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 Chicken Parmesan With Brown Rice & Broccoli Contains: Milk, Wheat, Soy, Seafood (Cod), Wheat, Milk Soy Sep 17 Jul 9, Aug 13, Sep 17 Bacon & Vegetable Omelet with Roasted Potatoes (Soy Milk, Soy, Soy, Milk, Soy Milk, Wheat Soy Milk, Soy Milk, Wheat Soy Mi					· · · · · · · · · · · · · · · · · · ·		
Jul 2, Aug 6, Sep 10 Cheddar Cheese & Red Curried Chicken & Lamb Casserole with Poper Omelet with Skillet Browned Potatoes, Garden Vegetables Contains: Egg, Milk, Soy, 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 Chicken Parmesan with Marinara Sauce and Vegetables and Vegetables and Vegetables and Potatoes, Garden Vegetables, Seafood (Shrimp), Wheat, Milk Jul 10, Aug 14, Sep 18 Jul 11, Aug 15, Sep 19 Jul 12, Aug 16, Sep 20 Jul 13, Aug 10, Sep 14 Jul 17, Aug 11, Sep 15 Jul 8, Aug 12, Sep 16 Chicken Parmesan with Marinara Sauce and Vegetables and Vegetables and Potatoes and Vegetables and Potatoes (Cod), Wheat, Milk Soy Jul 10, Aug 14, Sep 18 Jul 11, Aug 15, Sep 19 Jul 12, Aug 16, Sep 20 Jul 13, Aug 17, Sep 11 Jul 13, Aug 17, Sep 12 Jul 13, Aug 17, Sep 12 Jul 14, Aug 18, Sep 22 Jul 15, Aug 19, Sep 23 Chorizo Spiced Vegetables on Noodles with Brown Rice and Vegetables Contains: Wheat, Milk Contains: Wheat, Milk Contains: Wheat, Milk Wheat Wheat Contains: Wheat, Milk Wheat Wheat Aug 10, Sep 14 Jul 7, Aug 11, Sep 15 Jul 8, Aug 12, Sep 16 Chicken Parmesan with Marinara Sauce and Wegetables and Vegetables and Polenta, Carrots & Kale Contains: Wheat, Milk Contains: Milk, Wheat Contains: Wheat, Milk Cont		Soy			Treenuts (Almonds)		. •
Cheddar Cheese & Pepper Omelet with Skillet Browned Skillet Browned With Brown Rice & Broccoli Contains: Milk, Wheat, Soy. Filed Browned Skillet Browned With Brown Rice & Broccoli Contains: Milk, Wheat, Soy. For Summer Stands Skillet Browned With Brown Rice & Broccoli Contains: Milk, Wheat, Soy. Filed Browned With Brown Rice & Broccoli Contains: Milk, Wheat, Soy. Filed Browned With Brown Rice and Vegetables Contains: Milk, Wheat, Soy. Filed Browned With Brown Rice and Vegetables Contains: Seafood (Cod), Wheat, Milk For Summer Stands Sprouts Contains: Wall Sprouts Stands Sprouts Contains: Wheat, Milk For Summer	Milk		Soy, Wheat	Sesame			Contains: Milk
Cheddar Cheese & Pepper Omelet with Skillet Browned Skillet Browned With Brown Rice & Broccoli Contains: Milk, Wheat, Soy. Filed Sacon & Vegetables Contains: Egg, Milk, Soy. Filed Sacon & Vegetables Contains: Egg, Milk, Soy. Filed Sacon & Vegetables Contains: Egg, Milk, Soy. Filed Sacon & Vegetables Contains: Milk, Wheat, Milk Filed Egg and Gochujang Sauce with Mixed Vegetables and Brussels Sprouts Contains: Wheat, Milk Footatoes Contains: Egg, Milk, Soy. Filed Curried Chicken & Lamb Casserole with Rost od with Brown Rice and Cecci Bean Pilaf, Broccoli Contains: Seafood (Cod), Wheat, Milk Footatoes Contains: Egg, Milk, Soy. Filed Egg and Gochujang Sauce with Mixed Vegetables And Brussels Sprouts Contains: Wheat, Milk Footatoes Contains: Milk, Wheat Footatoes Contains: Egg, Milk, Soy. Filed Egg and Gochujang Sauce with Mixed Vegetables, Contains: Milk, Wheat, Milk Footatoes Contains: Milk, Wheat Footatoes Contains: Milk, Wheat Footatoes Contains: Egg, Milk, Wheat Fikka Marsala Cod with Brown Rice and Vegetables Contains: Seafood Footatoes Contains: Milk, Wheat Footatoes Contains: Wheat, Milk Footatoes Contains: Wheat, M							
Cheddar Cheese & Pepper Omelet with Skillet Browned Skillet Browned With Brown Rice & Broccoli Contains: Milk, Wheat, Soy. File Space A Sport S							
Pepper Omelet with Skillet Browned Skillet Browned Potatoes, Garden Vegetables Contains: Egg, Milk, Soy, Jul 9, Aug 13, Sep 17 Bacon & Vegetable Omelet with Roasted Potatoes Omelet with Roasted Potatoes Contains: Egg, Milk, Soy Jul 10, Aug 14, Sep 18 Contains: Egg, Milk, Soy Milk, Wheat Contains: Seafood Contains: Egg, Milk, Soy Jul 10, Aug 14, Sep 18 Contains: Milk, Wheat, Milk Now Milk Brown Rice and Cecci Bean Pilaf, Broccoli Contains: Seafood (Cod), Wheat, Milk With Brown Rice and Vegetables and Brussels Sprouts Contains: Wheat, Milk Now Now Now Now Noti Potatoes and Vegetables Contains: Milk, Wheat, Broccoli Contains: Seafood (Cod), Wheat, Milk Now Now Now Noti Potatoes and Vegetables Contains: Milk, Wheat, Broccoli Contains: Seafood (Cod), Wheat, Milk Now Now Now Now Now Now Now No		-		<u> </u>	<u> </u>	<u> </u>	-
Skillet Browned Potatoes, Garden Vegetables Contains: Egg, Milk, Soy, Wheat, Milk Jul 9, Aug 13, Sep 17 Bacon & Vegetable Omelet with Roasted Potatoes Contains: Egg, Milk, Soy With Brown Rice & Broccoli Contains: Milk, Wheat, Soy Seafood (Shrimp), Wheat, Milk Jul 10, Aug 14, Sep 18 Locally Raised Beef with Bechamel Sauce, Spiced Beans and Potatoes Contains: Egg, Milk, Soy With Brown Rice & Contains: Milk, Wheat, Soy Contains: Seafood (Cod), Wheat, Milk Sauce with Mixed Vegetables and Brussels Sprouts Contains: Wheat, Milk Sauce with Mixed Vegetables, Brown Rice Contains: Milk, Wheat, Soy, Seafood (Anchovy) Sesame Kale Contains: Milk, Wheat, Soy, Seafood (Anchovy) Sesame Contains: Wheat, Milk Contains: Milk, Wheat, Soy, Seafood (Anchovy) Sesame Contains: Wheat, Milk Contains: Milk, Wheat, Soy, Seafood (Anchovy) Sesame Contains: Wheat, Milk Contains: Milk, Wheat, Soy, Seafood (Anchovy) Sesame Contains: Wheat, Milk Contains: Milk, Wheat, Soy, Seafood (Anchovy) Sesame Contains: Wheat, Milk Contains: Milk, Wheat, Soy, Seafood (Anchovy) Sesame Contains: Wheat, Milk Contains: Wheat, Milk							
Potatoes, Garden Vegetables Contains: Egg, Milk, Soy, Jul 9, Aug 13, Sep 17 Bacon & Vegetable Omelet with Roasted Potatoes Contains: Egg, Milk, Soy Milk, Wheat Potatoes Contains: Milk, Wheat Soy Broccoli Contains: Milk, Wheat, Soy Contains: Seafood (Cod), Wheat, Milk Soy Seafood (Cod), Wheat, Milk Soy Seafood (Cod), Wheat, Milk Vegetables and Brussels Sprouts Contains: Wheat, Milk Vegetables, Brown Rice Contains: Milk, Wheat, Soy, Seafood (Anchovy) Sesame Contains: Milk, Wheat, Soy, Seafood (Anchovy) Contains: Milk, Wheat, Soy, Seafood (Anchovy) Sesame Contains: Milk, Wheat, Soy, Seafood (Anchovy) Contains: Wheat, Milk Contains: Milk, Wheat Contains: Wheat, Milk		•					
Vegetables Contains: Egg, Milk, Soy, Seafood (Shrimp), Wheat, Milk Soy Contains: Seafood (Cod), Wheat, Milk Soy Contains: Seafood (Cod), Wheat, Milk Seafood (Anchovy) Seaf				· ·			
Contains: Egg, Milk, Soy, Wheat, Milk Contains: Wheat, Milk Contains: Wheat, Milk Contains: Wheat, Milk Contains: Egg, Soy, Sesame Contains: Wheat, Milk Contains: Wheat, Milk Contains: Wheat, Milk Contains: Egg, Soy, Sesame Contains: Wheat, Milk Contains: Egg, Soy, Sesame Contains: Wheat, Milk Contains: Egg, Soy, Sesame Contains: Wheat, Milk	· ·						
Jul 9, Aug 13, Sep 17 Bacon & Vegetable Omelet with Roasted Potatoes Contains: Egg, Milk, Soy Sesame 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 14, Aug 18, Sep 22 Jul 15, Aug 19, Sep 23 Chicken Piccata with Lemon Caper Sauce, Brown Rice and Buttered Vegetables Contains: Wheat, Milk Soy Sesame Jul 11, Aug 15, Sep 19 Jul 12, Aug 16, Sep 20 Chicken Piccata with Lemon Caper Sauce, Brown Rice and Vegetables Contains: Wheat, Milk Vegetables Contains: Wheat, Milk Sesame Swedish Meatballs on Noodles with Mixed Vegetables Contains: Wheat, Milk Wheat	•		Soy		•		
Jul 9, Aug 13, Sep 17 Bacon & Vegetable Omelet with Roasted Potatoes Contains: Egg, Milk, Soy 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 Chicken Piccata with Lemon Caper Sauce, Brown Rice and Vegetables Contains: Wheat, Milk Vegetables Contains: Wheat, Milk Natured Glazed Pork with Brown Rice and Buttered Vegetables Contains: Wheat, Milk Contains: Wheat, Milk Wheat Wheat Wheat Wheat		Wheat, Milk		(Cod), Wheat, Milk	Contains: Wheat, Milk		(Anchovy)
Bacon & Vegetable Omelet with Roasted Potatoes Contains: Egg, Milk, Soy Locally Raised Beef with Bechamel Sauce, Spiced Beans and Tomatoes Contains: Seafood Potato Crusted Pollock with Greens, Beans, Tomato & Garlic Contains: Wheat, Milk Contains: Wheat, Milk Contains: Wheat, Milk Chicken Piccata with Lemon Caper Sauce, Brown Rice and Vegetables Contains: Wheat, Milk Vegetables Contains: Wheat, Milk Contains: Wheat, Milk Chorizo Spiced Vegetarian 'Gratin' Contains: Soy, Milk, Seafood (Anchovy), Contains: Wheat, Milk	Soy,					Sesame	
Bacon & Vegetable Omelet with Roasted Potatoes Contains: Egg, Milk, Soy Locally Raised Beef with Bechamel Sauce, Spiced Beans and Tomatoes Contains: Seafood Potato Crusted Pollock with Greens, Beans, Tomato & Garlic Contains: Wheat, Milk Contains: Wheat, Milk Contains: Wheat, Milk Chicken Piccata with Lemon Caper Sauce, Brown Rice and Vegetables Contains: Wheat, Milk Vegetables Contains: Wheat, Milk Contains: Wheat, Milk Chorizo Spiced Vegetarian 'Gratin' Contains: Soy, Milk, Seafood (Anchovy), Contains: Wheat, Milk							
Bacon & Vegetable Omelet with Roasted Potatoes Contains: Egg, Milk, Soy Locally Raised Beef with Bechamel Sauce, Spiced Beans and Tomatoes Contains: Seafood Potato Crusted Pollock with Greens, Beans, Tomato & Garlic Contains: Wheat, Milk Contains: Wheat, Milk Contains: Wheat, Milk Chicken Piccata with Lemon Caper Sauce, Brown Rice and Vegetables Contains: Wheat, Milk Vegetables Contains: Wheat, Milk Contains: Wheat, Milk Chorizo Spiced Vegetarian 'Gratin' Contains: Soy, Milk, 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
Omelet with Roasted Potatoes Contains: Egg, Milk, Soy with Bechamel Sauce, Spiced Beans and Tomatoes Contains: Milk, Wheat Pollock with Greens, Beans, Tomato & Beans, Tomato & Contains: Seafood Pollock with Greens, Brown Rice and Buttered Vegetables Contains: Wheat, Milk Vegetables Contains: Wheat, Milk Contains: Seafood Contains: Wheat, Milk Nith Brown Rice and Buttered Vegetables Contains: Wheat, Milk Seafood (Anchovy), Vegetarian 'Gratin' Contains: Soy, Milk, Seafood (Anchovy),				-		<u> </u>	
Potatoes Contains: Egg, Milk, Soy Spiced Beans and Tomatoes Contains: Beans, Tomato & Garlic Contains: Seafood Beans, Tomato & Spiced Beans and Tomatoes Contains: Brown Rice and Vegetables Contains: Wheat, Milk Seafood (Anchovy), Contains: Soy, Milk, Contains: Wheat, Milk Contains: Wheat, Milk Seafood (Anchovy),							
Contains: Egg, Milk, Soy Tomatoes Contains: Garlic Contains: Seafood Contains: Wheat, Milk Contains: Wheat,		•	1	•			
Soy Milk, Wheat Contains: Seafood Contains: Wheat, Milk Seafood (Anchovy),		•			_		
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	Coy	Wink, Wriode		Containo: Willout, Will			
			(Thapla), Goy, White			TVIIIX	



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
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.