



February 2024 to July 2024 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
Feb 4, Mar 10, Apr 14, May 19, June 23	Feb 5, Mar 11, Apr 15, May 20, June 25	Feb 6, Mar 12, Apr 16, May 21, June 25	Feb 7, Mar 13, Apr 17, May 22, June 26	Feb 8, Mar 14, Apr 18, May 23, June 27	Feb 9, Mar 15, Apr 19, May 24, June 28	Feb 10, Mar 16, Apr 20, May 25, June 29
Omelet with Roasted Potatoes and Mixed Vegetables Contains: Egg, Milk, Soy	Beef Bolognese with Whole Wheat Pasta, Peas & Carrots Contains: Milk, Soy, Wheat	Parmesan & Potato Crusted Pollock with Marinara, Greens, Grains & Beans Contains: Wheat, Egg, Soy, Milk, Fish	Chicken Piccata with Lemon Caper Sauce, Brown Rice and Italian Vegetables Contains: Milk, Wheat	Mustard Sauce Pork with Brown Rice, Green Beans & Carrots Contains: Wheat, Milk, Soy	Beef Stroganoff with Pasta and Mixed Vegetables Contains: Milk, Wheat	Chorizo Spiced Vegetarian 'Gratin' Contains: Milk, Wheat
Peanut Sauce Chicken with Brown Rice and Mixed Vegetables Contains: Soy, Wheat, Peanuts, Fish, Sesame	Chicken & Lentil Soup Contains: Wheat, Soy	Cashew Ginger Lemongrass Tofu with Vegetables & Brown Rice Contains: Soy, Wheat, Treenuts	Beef with Bechamel Sauce Spiced Beans and Tomatoes Contains: Milk, Wheat	Spinach & Cheese Omelet with Corn, Black Beans & Pepper Medley Contains: Egg, Milk, Soy	Green Curried Coconut Cod with Mixed Vegetables and Brown Rice Contains: Milk, Soy, Wheat, Fish, Crustacean Shellfish, Treenuts	Beef & Barley Soup Contains: Wheat
Feb 11, Mar 17, Apr 21, May 26, June 30	Feb 12, Mar 18, Apr 22, May 27, July 1	Feb 13, Mar 19, Apr 23, May 28, July 2	Feb 14, Mar 20, Apr 24, May 29, July 3	Feb 15, Mar 21, Apr 25, May 30, July 4	Feb 16, Mar 22, Apr 26, May 31, July 5	Feb 17, Mar 23, Apr 27, June 1, July 6
Southwest Vegetable Omelet with Chili Verde Sauce Contains: Milk	Chicken Tikka Masala with Wild Rice Blend Contains: Milk, Soy, Wheat	Hungarian Vegan 'Beef' Goulash with Barley and Collard Greens Contains: Soy, Wheat	Meatloaf & Mushroom Gravy with Mashed Potatoes, Peas Contains: Milk, Soy, Wheat, Fish	Pesto Primavera Pasta e Fagioli' Contains: Milk, Soy, Wheat, Treenuts	Paella with Chicken & Chorizo with Broccoli Contains: Milk, Soy	Chicken Adobo on Brown Rice with Plantains and Seasonal Vegetables Contains:
Spring Pea Risotto with Rainbow Carrots Contains: Milk, Soy, Wheat	Chicken Posole with Corn, Hominy & Cabbage Contains: Milk, Soy	Egg Fried Rice Contains: Egg, Milk, Soy, Wheat, Sesame	Chicken & Corn Soup with Mixed Vegetables Contains: Milk, Soy, Wheat	Fried Eggs with Chili Verde Sauce, Cheese, Pinto Beans, and Peppers Contains: Egg, Milk, Soy	Curried Chickpea Soup Contains: Treenuts	Shrimp Ratatouille with Whole Wheat Pasta Contains: Milk, Soy, Wheat, Crustacean Shellfish, Fish
Feb 18, Mar 24, Apr 28, June 2, July 7	Feb 19, Mar 25, Apr 29, June 3, July 8	Feb 20, Mar 26, Apr 30, June 4, July 9	Feb 21, Mar 27, May 1, June 5, July 10	Feb 22, Mar 28, May 2, June 6, July 11	Feb 23, Mar 29, May 3, June 7, July 12	Feb 24, Mar 30 , May 4, June 8, July 13
Pancakes & Eggs with Mixed Vegetables Contains: Egg, Milk, Soy, Wheat	Chicken with Savory Gravy Mashed Potatoes and Succotash Contains: Milk, Soy, Wheat	Ginger Lemongrass Pork with Brown Rice, Imperial Vegetables Contains: Soy, Wheat	Vegan 'Lamb' and Lentil Ragu Wild Rice Blend Contains: Milk, Soy, Wheat, Treenuts, Fish	Teriyaki Cod with Brown Rice and Broccoli Contains: Soy, Wheat, Fish, Sesame	Beef Chili and Corn Chip 'Frito Pie' with Mixed Vegetables	Chicken & Pasta with Creamy Pesto Sauce and Italian Vegetables Contains: Milk, Wheat, Treenuts, Soy
Chicken Mole with Spanish Rice, Spinach and Black Beans Contains: Milk, Soy, Wheat, Sesame, Fish	Loaded Baked Potato with Beef, Cheddar Cheese & Broccoli Contains: Milk, Soy	Shrimp & Grits with Seasonal Vegetables Contains: Milk, Wheat, Crustacean Shellfish	Ma Po Beef and Tofu with Green Beans and Brown Rice Contains: Soy, Wheat, Sesame	Wedding Soup with Turkey Meatballs Contains: Milk, Soy, Wheat	Omelet with Roasted Potatoes with Mixed Vegetables Contains: Egg, Milk, Soy	Cauliflower Soup with Chicken and Romesco Sauce Contains: Milk, Wheat, Treenuts



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Feb 25, Mar 31, May 5, June 9, July 14	Feb 26, Apr 1, May 6, June 10, July 15	Feb 27, Apr 2, May 7, June 11, July 16	Feb 28, Apr 3, May 8, June 12, July 17	Feb 29, Apr 4, May 9, June 13, July 18	Mar 1, Apr 5, May 10, June 14, July 19	Mar 2, Apr 6, May 11, June 15, July 20
Fried Eggs with Chili Verde Sauce & Cheese Contains: Egg, Milk, Soy Beef and Broccoli with Fermented Black Beans and Brown Rice Contains: Wheat, Soy, Sesame	Beefy Macaroni & Cheese with Spinach Contains: Milk, Soy, Wheat Gumbo with Braised Pork & Brown Rice and Garden Vegetables Contains: Wheat	Salmon with Ginger Pineapple Sauce with Green beans & Brown Rice Contains: Soy Wheat, Fish Chicken Enchilada with Spanish Rice, Black Beans and Peppers Contains: Milk, Soy, Wheat	Sweet & Sour Chicken and Tofu with Stir Fry Vegetables and Brown Rice Contains: Soy, Wheat, Sesame Turkey Meatballs & Marinara with Whole Wheat Pasta, Italian Mixed Vegetables Contains: Milk, Soy, Wheat	Beef Tagine with Golden Rice Pilaf and Mixed Vegetables Contains: Milk, Soy, Wheat, Nuts Bacon & Vegetable Omelet with Roasted Potatoes Contains: Egg, Milk, Soy	Mushroom Wheat Risotto with Chicken and Spinach Contains: Milk, Soy Beef and Vegetable Stew Contains: Wheat	Beef Chile Verde with Black Beans, Brown Rice, Spinach and Peppers Contains: Milk, Soy Tuna Noodle Casserole with Spinach Contains: Milk, Soy, Wheat, Fish
Mar 3, Apr 7, May 12, June 16, July 21	Mar 4, Apr 8, May 13, June 17, July 22	Mar 5, Apr 9, May 14, June 18, July 23	Mar 6, Apr 10, May 15, June 19, July 24	Mar 7, Apr 11, May 16, June 20, July 25	Mar 8, Apr 12, May 17, June 21, July 26	Mar 9, Apr 13, May 18, June 22, July 27
Pepper Omelet Roasted Potatoes, Garden Vegetables Contains: Egg, Milk, Soy Beef Chili Colorado Spanish Rice, Refried Beans & Rainbow Carrots Contains: Milk, Soy, Wheat, Sesame	Chicken & Sweet Potato Curry Brown Rice & Cauliflower Contains: Milk, Wheat, Crustacean Shellfish, Treenuts Ribollita Tuscan Soup with Chicken, Beans and Bread Contains: Milk, Soy, Wheat	Ginger Lemongrass Chicken Brown Rice and Vegetables Contains: Soy, Wheat Lamb Casserole with Rosti Potatoes and Vegetables Contains : Milk, Wheat,, Soy	Cod with White Wine Dill Sauce Spinach, Farro & Butter Beans Contains: Soy, Wheat, Fish Salisbury Steak with Tomato, Spinach & Corn Roasted Potatoes Contains: Soy, Wheat	Chicken Marinara with Pasta, Italian Vegetables and Parmesan Contains: Milk, Wheat, Soy Southwest Vegetable Omelet with Chili Verde Sauce Contains: Egg, Milk, Soy	Turkey Tetrazzini with Whole Wheat Pasta & Garden Vegetables Contains : Milk, Soy, Wheat Chicken Noodle Soup Contains: Milk, Soy, Wheat	Beef Burgundy with Polenta Carrots & Spinach Contains: Milk, Wheat Chicken & Rice with Garden Vegetables Contains: Milk, Soy, Wheat

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 Vitamin D. MOWSF dietitians will provide nutrition education handout to ensure you are meeting your daily Vitamin D needs. MOWSF would like to thank the Department of Disability and Aging Service of the City and County of San Francisco for their generous support of our program.

Clients on a Dental Soft Diet will receive soft fruits or fruit cups in place of whole fruits. This menu follows guidelines for Heart Healthy, Diabetic Friendly diet.