



HOT MEAL PLAN

September 15, 2025 to February 28, 2026

Meals on Wheels San Francisco
2142 Jerrold Ave. San Francisco, CA 94124
415-920-1111 | www.mowsf.org

WEEK 1: September 15-20 | October 26 - November 1 | December 7-13 | January 18-24

Southwest Omelet Spiced Farro Sweet Potato, Fajita Vegetables <i>Milk, Fruit</i> Contains: Wheat, Egg, Milk, Soy	Romesco Salmon Polenta Broccoli <i>Milk, Fruit</i> Contains: Milk, Fish (Salmon), Soy, Wheat, Treenuts (Almonds)	Creamy Pepper Pasta Chicken Green Beans <i>Peanut Butter, Bread, Milk, Fruit</i> Contains: Wheat, Egg, Milk	Pot Roast Irish Barley Stew <i>Milk, Bread, Margarine, Fruit</i> Contains: Wheat	Spiced Lentil Curry Brown Rice Cauliflower <i>Milk, Fruit</i> Contains: N/A	Creamy Potato Soup Chicken Kale <i>Yogurt, Bread, 100% Juice</i> Contains: Milk	Cheese Omelet Potato Beet Hash <i>Milk, Oatmeal Packet, Fruit</i> Contains: Egg, Milk, Soy
Carrot & White Bean Salad Tandoori Yogurt Dressing <i>Yogurt, Oatmeal, Fruit</i> Contains: Milk	Chilled Potato Soup Turkey Side Salad Champagne Vinaigrette <i>Milk, Roll, Fruit</i> Contains: Milk	Chicken & Pimento Cheese Tomato Salad Champagne Vinaigrette <i>Milk, Roll, Fruit</i> Contains: Milk, Wheat	Turkey Sandwich Whole Wheat Bread Coleslaw Salad <i>Milk, Fruit, Mustard</i> Contains: Wheat, Soy	Shrimp & Rice Salad Lemon Vinaigrette Cabbage, Southwest Blend <i>Milk, Bread, Fruit</i> Contains: Shellfish (Shrimp), Soy, Egg	Apple Cinnamon Overnight Oats Carrot & Chickpea Salad Honey Vinaigrette <i>Milk, V8 Juice, Fruit</i> Contains: Milk, Treenuts (Almonds)	Mediterranean Salad Hummus & Tzatziki Greek Vinaigrette <i>Milk, Pita, Fruit</i> Contains: Milk, Sesame

WEEK 2: September 21-27 | November 2-8 | December 14-20 | January 25-31

5-Spice Mango Chicken Brown Rice Broccoli, Edamame <i>Milk, Cookies, Fruit</i> Contains: Soy, Wheat	Shrimp Stir Fry Black Bean Sauce, Brown Rice Mixed Vegetable, Peanuts <i>Milk, Fruit</i> Contains: Shellfish (Shrimp), Soy, Wheat, Sesame, Peanuts	Lentil Mac and Cheese Whole Wheat Pasta Italian Vegetables <i>Milk, Roll, Margarine, Fruit</i> Contains: Wheat, Milk, Soy	Sunny-Side Eggs Tomato Sauce Parmesan Blend White Beans <i>Milk, 100% Juice, Roll</i> Contains: Milk, Egg, Soy	Chicken & Chorizo Soup White Beans Kale, Sweet Potatoes <i>Milk, Fruit, Roll</i> Contains: Wheat	Vegetarian Chili Nachos Corn Chips <i>Milk, Sour Cream, Fruit</i> Contains: N/A	Southern Meatloaf Black Eyed Peas Brown Rice Italian Vegetables <i>Milk, Fruit</i> Contains: Wheat, Soy
Autumn Noodle Bake Winter Squash, Spinach Mozzarella Cheese <i>Milk, Fruit</i> Contains: Wheat, Milk, Egg	Egg Salad Sandwich Spinach & Farro Salad Chimichurri Vinaigrette <i>Milk, Bread, Fruit</i> Contains: Egg, Soy, Milk, Wheat	Roast Beef Sandwich Garlic Aioli Carrot & Wild Rice Salad Champagne Vinaigrette <i>Milk, Juice</i> Contains: Wheat, Soy, Egg	Tuna & Pasta Salad Puttanesca Vinaigrette Broccoli, Red Bell Pepper <i>Milk, Roll, Fruit</i> Contains: Fish (Tuna), Wheat	Shrimp Noodle Bowl Asian Slaw Peanut Dressing <i>Milk, Roll, Fruit</i> Contains: Wheat, Shellfish (Shrimp), Peanuts, Soy, Sesame	Borscht Quinoa Side Salad Celery, Spinach Champagne Vinaigrette <i>Cottage Cheese, Fruit</i> Contains: N/A	Carrot & White Bean Salad Tandoori Yogurt Dressing <i>Yogurt, Oatmeal, Fruit</i> Contains: Milk

WEEK 3: September 28 – October 4 | November 9-15 | December 21-27 | February 1-7

Sweet Rice Porridge Peanut Butter Pumpkin Spiced Apples, Raisins <i>Cottage Cheese, 100% Juice</i> Contains: Peanut	Lemon Caper Tuna Whole Wheat Pasta Spinach, White Beans, Tomato <i>Peanut Butter, Crackers, Milk, Fruit</i> Contains: Wheat, Fish (Tuna), Milk	Beef & Broccoli Orange Soy Glaze Brown Rice Edamame <i>Milk, Fruit</i> Contains: Soy, Wheat, Sesame	Turkey Soup Barley Kale <i>Milk, Fruit</i> Contains: Wheat	Mediterranean Falafel Spiced Beans Tomato <i>Milk, Fruit, Roll</i> Contains: Wheat, Sesame, Milk	Savory Chicken Polenta Broccoli <i>Milk, Bread, Fruit</i> Contains: Milk	Sunny-Side Eggs Enchilada Sauce Spanish Rice, Beans Spinach <i>Milk, Tortillas, Fruit</i> Contains: Egg, Soy
Chicken & Pimento Cheese Tomato Salad Champagne Vinaigrette <i>Milk, Roll, Fruit</i> Contains: Milk, Wheat	Turkey Sandwich Whole Wheat Bread Coleslaw Salad <i>Milk, Fruit, Mustard</i> Contains: Wheat, Soy	Carrot & White Bean Salad Tandoori Yogurt Dressing <i>Yogurt, Oatmeal, Fruit</i> Contains: Milk	Chicken & Pasta Salad Pesto Vinaigrette Broccoli, Cauliflower <i>Milk, Bread, Fruit</i> Contains: Wheat, Soy, Milk, Treenuts (Pinenuts)	Egg Salad Sandwich Spinach & Farro Salad Chimichurri Vinaigrette <i>Milk, Bread, Fruit</i> Contains: Egg, Soy, Milk, Wheat	Borscht Quinoa Salad Celery, Spinach Champagne Vinaigrette <i>Cottage Cheese, Fruit</i> Contains: N/A	Roast Beef Sandwich Garlic Aioli Carrot & Wild Rice Salad Champagne Vinaigrette <i>Milk, Juice</i> Contains: Wheat, Soy, Egg

WEEK 4: October 5-11 November 16-22 December 28- January 3 February 8-14						
Savory Chicken Bacon & Green Bean Casserole Mashed Potatoes <i>Milk, Fruit, Bread</i> Contains: N/A	Vegetarian Meatballs Whole Wheat Pasta Marinara Sauce Italian Vegetables <i>Milk, Fruit</i> Contains: Wheat, Milk, Soy	Pumpkin Risotto Shredded Chicken Broccoli <i>Milk, Fruit, Roll</i> Contains: Milk	Potato Breakfast Casserole Scrambled Eggs Meatless Sausage Spinach, Mushroom <i>Yogurt, Bread, Fruit</i> Contains: Milk, Egg, Soy, Wheat	5-Spice Mango Salmon Quinoa Green Vegetable Blend <i>Milk, Cookies, Fruit</i> Contains: Fish (Salmon), Soy, Wheat	Beef Stew Kale Mixed Vegetables <i>Milk, Fruit, Roll</i> Contains: Wheat, Fish (Anchovy)	Lemongrass Pork Brown Rice Black Beans Green Vegetable Blend <i>Milk, 100% Juice</i> Contains: Soy, Wheat
Autumn Noodle Bake Winter Squash, Spinach Mozzarella Cheese <i>Milk, Fruit</i> Contains: Wheat, Milk, Egg	Shrimp & Rice Salad Lemon Vinaigrette Cabbage, Southwest Blend <i>Milk, Bread, Fruit</i> Contains: Shellfish (Shrimp), Soy, Egg	Apple Cinnamon Overnight Oats Carrot & Chickpea Salad Honey Vinaigrette <i>Milk, V8 Juice, Fruit</i> Contains: Milk, Treenuts (Almonds)	Chilled Potato Soup Turkey Side Salad Champagne Vinaigrette <i>Milk, Roll, Fruit</i> Contains: Milk	Mediterranean Salad Hummus & Tzatziki Greek Vinaigrette <i>Milk, Pita, Fruit</i> Contains: Milk, Sesame	Chicken & Pasta Salad Pesto Vinaigrette Broccoli, Cauliflower <i>Milk, Bread, Fruit</i> Contains: Wheat, Soy, Milk, Treenuts (Pinenuts)	Tuna & Pasta Salad Puttanesca Vinaigrette Broccoli, Red Bell Pepper <i>Milk, Roll, Fruit</i> Contains: Fish (Tuna), Wheat
WEEK 5: October 12-18 November 23-29 January 4-10 February 15-21						
Scrambled Eggs Wild Rice Shredded Cheese Spinach <i>Milk, Bread, Fruit</i> Contains: Egg, Milk, Soy	Miso-Braised Cod Brown Rice Green Vegetable Blend <i>Milk, Fruit, Roll</i> Contains: Fish (Cod, Anchovy), Soy, Peanut, Wheat, Sesame	Tomato Bisque Shredded Chicken Brown Rice Spinach <i>Milk, Fruit, Crackers</i> Contains: Milk	Turkey Mole Spanish Rice & Beans Italian Vegetable <i>Milk, Fruit</i> Contains: Soy, Wheat, Fish (Anchovy), Sesame	Mustard Chicken Whole Wheat Pasta Green Vegetable Blend <i>Milk, Fruit</i> Contains: Wheat	Tofu Scramble Mushroom Potato Hash Cauliflower <i>Oatmeal, Fruit, Cottage Cheese</i> Contains: Soy	Barbeque Chicken Mashed Potatoes Spinach, Corn <i>Milk, Corn Muffin, Fruit</i> Contains: N/A
Chicken & Pimento Cheese Tomato Salad Champagne Vinaigrette <i>Milk, Roll, Fruit</i> Contains: Milk, Wheat	Apple Cinnamon Overnight Oats , Carrot & Chickpea Salad Honey Vinaigrette <i>Milk, V8 Juice, Fruit</i> Contains: Milk, Treenuts (Almonds)	Autumn Noodle Bake Winter Squash, Spinach Mozzarella Cheese <i>Milk, Fruit</i> Contains: Wheat, Milk, Egg	Shrimp Noodle Bowl Asian Slaw Peanut Dressing <i>Milk, Roll, Fruit</i> Contains: Wheat, Shellfish (Shrimp), Peanuts, Soy, Sesame	Chilled Potato Soup Turkey Side Salad Champagne Vinaigrette <i>Milk, Roll, Fruit</i> Contains: Milk	Roast Beef Sandwich Garlic Aioli Carrot & Wild Rice Salad Champagne Vinaigrette <i>Milk, Juice</i> Contains: Wheat, Soy, Egg	Tuna & Pasta Salad Puttanesca Vinaigrette Broccoli, Red Bell Pepper <i>Milk, Roll, Fruit</i> Contains: Fish (Tuna), Wheat
WEEK 6: October 19-25 November 30- December 6 January 11-17 February 22- 28						
Hot & Sour Soup Pork & Tofu, Brown Rice Green Vegetable Blend <i>Milk, Fruit</i> Contains: Soy, Sesame, Wheat	Salisbury Steak Marsala Wine Sauce Mashed Potatoes Peas, Carrots <i>Milk, 100% Juice, Roll</i> Contains: Soy, Wheat	Lemon Caper Chicken Whole Wheat Pasta Spinach <i>Milk, Fruit</i> Contains: Milk, Wheat	Sunny-Side Eggs Italian Sausage Sweet Potato Fajita Vegetables <i>Milk, Fruit, Bread</i> Contains: Egg, Soy	Potato Crusted Fish Red Beans, Brown Rice Kale <i>Milk, Fruit</i> Contains: Soy, Wheat, Fish (Pollock), Egg	Meatballs Sundried Tomato Sauce Wheat Egg Noodles Italian Vegetables, Beans <i>Milk, Fruit</i> Contains: Wheat, Egg, Milk	Turkey & Rice Sesame Soy Dressing Sweet Potatoes, Spinach <i>Milk, Fruit</i> Contains: Sesame, Soy, Wheat
Turkey Sandwich Whole Wheat Bread Coleslaw Salad <i>Milk, Fruit, Mustard</i> Contains: Wheat, Soy	Shrimp & Rice Salad Lemon Vinaigrette Cabbage, Southwest Blend <i>Milk, Bread, Fruit</i> Contains: Shellfish (Shrimp), Soy, Egg	Carrot & White Bean Salad Tandoori Yogurt Dressing <i>Yogurt, Oatmeal, Fruit</i> Contains: Milk	Borscht Quinoa Side Salad Celery, Spinach Champagne Vinaigrette <i>Cottage Cheese, Fruit</i> Contains: Contains: N/A	Mediterranean Salad Hummus & Tzatziki Greek Vinaigrette <i>Milk, Pita, Fruit</i> Contains: Milk, Sesame	Egg Salad Sandwich Spinach & Farro Salad Chimichurri Vinaigrette <i>Milk, Bread, Fruit</i> Contains: Egg, Soy, Milk, Wheat	Chicken & Pasta Salad Pesto Vinaigrette Broccoli, Cauliflower <i>Milk, Bread, Fruit</i> Contains: Wheat, Soy, Milk, 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.



SAN FRANCISCO HUMAN SERVICES AGENCY
 Department of Disability and Aging Services

We 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.