

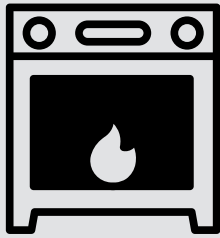


SAN MATEO COUNTY FROZEN MEAL PLAN

September 15, 2025 to February 28, 2026

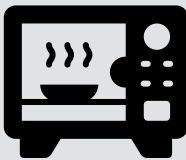
Meals on Wheels San Francisco
2142 Jerrold Ave. San Francisco, CA 94124
415-920-1111 | www.mowsf.org

WEEK 1: September 15-20 October 26 - November 1 December 7-13 January 18-24				
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
WEEK 2: September 21-27 November 2-8 December 14-20 January 25-31				
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
WEEK 3: September 28 – October 4 November 9-15 December 21-27 February 1-7				
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
WEEK 4: October 5-11 November 16-22 December 28- January 3 February 8-14				
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)
WEEK 5: October 12-18 November 23-29 January 4-10 February 15-21				
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
WEEK 6: October 19-25 November 30- December 6 January 11-17 February 22- 28				
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



Traditional Oven Heating Instructions

- 1. Preheat your oven to 325°F (162°C)
- 2. Place the meal tray on a baking sheet in the center of the oven. The plastic film can remain on the tray.
- 3. Heat for 20-25 minutes or until the meal reaches an internal temperature of 165°F (74°C)



Microwave Oven Instructions

- 1. Pierce the plastic film covering the entree.
- 2. Heat the entree on high for 6 minutes or until it reaches an internal temperature of 165°F (74°C).
- 3. For breakfast items, heat for 2-3 minutes or until the meal reaches 165°F (74°C).

When meal is fully cooked: tray will be hot, steam will be visible when plastic is pulled back, no frozen bits should be felt when stirring, and no ice crystals should be visible.

Heating times may vary depending on your microwave.

If your meal is not hot enough, remove tray from microwave, stir it, then return it to the microwave and heat in 1-minute increments. Test after each minute. If meal is too dry add a small amount of water, stir meal, and heat for 30 seconds.



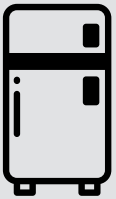
Please Note: Do not use a toaster oven to heat meals, as tray will melt!

FOOD SAFETY



Freezing

- Store food in the freezer until ready to consume to maintain freshness and safety.
- Ensure items are properly sealed to prevent freezer burn and maintain quality.



Refrigeration

- Leftover food should be promptly refrigerated to keep it safe and fresh.
- Consume within 3 days to ensure optimal quality and reduce the risk of foodborne illness.
- Storing frozen food in the refrigerator: A frozen meal placed in the refrigerator will be good for 5 days.



Cook all leftover food to 165°F (74°C). Eating undercooked food can make you sick. Some of the symptoms to look out for are:

- Stomach Pain
- Nausea/Vomiting
- Diarrhea
- Fever

If you are unsure about a food item throw it away!



Handwashing is the best way to prevent the spread of bacteria and help keep you healthy!

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.



Thank You to the San Mateo County’s Aging and Adult Services for their generous support of our Program.

Holiday Meal Delivery: For most federal holidays, meals are delivered a week in advance. Our office is closed on the holidays listed below:

- New Year’s Day
- Martin Luther King Jr. Day
- Memorial Day
- Juneteenth
- Independence Day
- Labor Day
- Indigenous Peoples’ Day
- Thanksgiving & the following Friday
- Christmas Day

If your delivery falls on a holiday, you’ll receive an automated call with cancellation and rescheduling details.

ABOUT OUR MENU

- Menu items are subject to change without notice due to availability.
- Each meal will include seasonal fruit or 100% fruit juice.
- All bakery sides are whole grain aside from the cookies.
- Clients on a Dental Soft diet will receive soft fruits or fruit cups in place of whole fruits.
- Our menu meets 1/3 dietary reference intake DRI for all target nutrients except for Vitamin D.
- Our dietitians will provide nutrition education handouts to ensure you are meeting your daily Vitamin D needs.
- Our menu follows guidelines for Heart Healthy, Diabetic Friendly diet.