



2 Meal Frozen MEAL PLAN

March 1, 2026 to August 31, 2026

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

WEEK 1: March 1- 7 | April 12- 18 | May 24- 30 | July 5- 11 | August 16- 22

Hot & Sour Soup with Pork, Tofu, Brown Rice, and Green Vegetable Blend <i>Milk, Fruit</i> Contains: Soy, Egg, Wheat, Sesame	Southwest Omelet Spiced Farro Sweet Potato Fajita Vegetable Blend <i>Milk, Fruit</i> Contains: Wheat, Egg, Milk, Soy	Salisbury Steak Mashed Potatoes Butternut Squash <i>Bread, Milk, Juice</i> Contains: Soy, Wheat, Fish (Anchovy)	Tuna Noodle Casserole with Lemon Caper Sauce, Spinach, White Beans, and Tomato <i>Milk, Peanut Butter, Crackers, Fruit</i> Contains: Wheat, Fish (Tuna), Milk	Chickpea Ratatouille Brown Rice Cauliflower <i>Milk, Fruit</i> Contains: Milk	Barbeque Chicken Mashed Potatoes Spinach, Corn <i>Milk, Corn Muffin, Fruit</i> Contains: N/A	Thai Shrimp Soup with Brown Rice, Squash, Edamame, and Vegetable Blend <i>Cottage Cheese, Fruit</i> Contains: Shellfish (Shrimp), Fish (Anchovy), Soy
Sunny-Side Eggs Chili Colorado Sauce Quinoa Sweet Potato <i>Milk, Juice</i> Contains: Egg, Soy, Milk, Sesame	Teriyaki Salmon Quinoa Green Vegetable Blend <i>Yogurt, Graham Crackers, Fruit</i> Contains: Soy, Fish (Salmon), Wheat, Sesame	Chicken Carrot Coconut Soup with Almond Relish <i>Milk, Fruit, Bread</i> Contains: Treenuts (Almonds)	Mediterranean Falafel Spiced Beans & Tomato <i>Milk, Fruit, Pita</i> Contains: Wheat, Sesame, Milk	Pesto Chicken Pasta Green Beans <i>Milk, Peanut Butter, Bread, Fruit</i> Contains: Wheat, Egg, Milk, Soy, Treenuts (Pinenuts)	Southern Meatloaf Black Eyed Peas Brown Rice Italian Vegetables <i>Milk, Fruit</i> Contains: Wheat, Soy	Mexican Omelet Red Mole Sauce Wild Rice Spinach <i>Milk, Fruit</i> Contains: Egg, Milk, Soy, Fish (Anchovy), Wheat, Sesame

WEEK 2: March 8-14 | April 19-25 | May 31- June 6 | July 12- 18 | August 23- 29

Irish Barley Stew with Pot Roast <i>Milk, Bread, Margarine, Fruit</i> Contains: N/A	Cheese Omelet Quinoa Kale, Sweet Potato <i>Milk, Oatmeal, Honey, Fruit</i> Contains: Egg, Milk, Soy	Pork Adobo Brown Rice, Black Beans Broccoli <i>Milk, Graham Crackers, Fruit</i> Contains: Soy, Wheat	Lemon Caper Chicken with Diced Turkey over Whole Wheat Pasta Spinach <i>Milk, Fruit</i> Contains: Milk, Wheat	Sunny-Side Eggs Spiced Barley, Rice, & Beans Fajita Vegetable Blend <i>Milk, Fruit</i> Contains: Egg, Soy, Milk	Potato Crusted Fish Red Beans Brown Rice, Kale <i>Milk, Fruit</i> Contains: Soy, Wheat, Fish (Pollock), Egg	Vegetarian Chili with Brown Rice Shredded Cheese <i>Milk, Bread, Fruit</i> Contains: Milk
Chicken Poblano Soup with Hominy Spinach <i>Milk, Tortilla, Fruit</i> Contains: N/A	Coconut Salmon Brown Rice Broccoli, Edamame, Carrots <i>Milk, Fruit</i> Contains: Fish (Salmon, Anchovy), Soy, Shellfish (Shrimp)	Omelet Potato Mushroom Hash Cauliflower <i>Milk, Fruit, Oatmeal, Syrup</i> Contains: Soy, Egg, Milk	Pea Risotto with Diced Turkey <i>Milk, Roll, Margarine, Juice</i> Contains: Milk, Soy	Vegetarian Meatballs Whole Wheat Pasta Marinara Sauce Italian Vegetables <i>Milk, Fruit</i> Contains: Wheat, Milk, Soy	Turkey & Rice Sesame Soy Dressing Sweet Potatoes, Spinach <i>Milk, Fruit</i> Contains: Soy, Sesame, Wheat	5-Spice Beef Soup Edamame, Vegetable Blend <i>Milk, Roll, Fruit</i> Contains: Soy, Sesame, Wheat

WEEK 3: March 15-21 | April 26- May 2 | June 7- 13 | July 19- 25 | August 30 & 31

Caramelized Onion & Beef Soup with Gruyere Cheese <i>Milk, Roll, Fruit</i> Contains: Wheat, Soy, Milk	Grilled Chicken Bacon & Green Beans Casserole Mashed Potatoes <i>Milk, Fruit, Bread</i> Contains: N/A	Carrot Cake Oatmeal with Walnuts <i>Cottage Cheese, Juice</i> Contains: Treenuts (Walnuts), Milk	Shrimp Stir Fry Black Bean Sauce Brown Rice Mixed Vegetables, Peanuts <i>Milk, Fruit</i> Contains: Shellfish (Shrimp), Soy, Wheat, Sesame, Peanuts	Scrambled Eggs Wild Rice Shredded Cheese Spinach <i>Milk, Pita, Fruit</i> Contains: Eggs, Milk, Soy	Turkey Mole Spanish Rice & Beans Italian Vegetables <i>Milk, Fruit</i> Contains: Soy, Wheat, Fish (Anchovy), Sesame	Chicken & Potato Soup with Parsnips & Kale <i>Yogurt, Pita, Juice</i> Contains: Milk
Turkey Tomato Soup with Wild Rice Cabbage Slaw <i>Milk, Cookies, Fruit</i> Contains: Milk	Sunny-Side Eggs Enchilada Sauce Spanish Rice, Beans Spinach <i>Milk, Tortillas, Fruit</i> Contains: Soy, Egg, Milk	Teriyaki Pork Farro Mushroom, Green Vegetable Blend <i>Milk, Juice</i> Contains: Wheat, Soy, Sesame	Beef & Broccoli Tajine Sauce Brown Rice Edamame, Broccoli <i>Milk, Fruit</i> Contains: Soy, Milk	Vegetarian Meatballs Whole Wheat Pasta Alfredo Sauce Italian Vegetables <i>Milk, Fruit</i> Contains: Wheat, Soy, Milk	Miso-Braised Cod Brown Rice Wheat Egg Noodles Italian Vegetables, Beans <i>Milk, Fruit</i> Contains: Fish (Cod, Anchovy), Soy, Peanut, Wheat, Sesame	Sunny-Side Eggs Italian Sausage Sweet Potato Fajita Vegetables <i>Milk, Fruit, Bread</i> Contains: Egg, Soy

WEEK 4: March 22-28 | May 3-9 | June 14- 20 | July 26- August 1

<p>Chicken Carrot Coconut Soup with Almond Relish <i>Milk, Fruit, Bread</i></p> <p>Contains: Treenuts (Almonds)</p>	<p>Sunny-Side Eggs Chili Colorado Sauce Quinoa Sweet Potato <i>Milk, Juice</i></p> <p>Contains: Egg, Soy, Milk, Sesame</p>	<p>Southern Meatloaf Black Eyed Peas Brown Rice Italian Vegetables <i>Milk, Fruit</i></p> <p>Contains: Wheat, Soy</p>	<p>Teriyaki Salmon Quinoa Green Vegetable Blend Yogurt, Graham Crackers, Fruit</p> <p>Contains: Soy, Fish (Salmon), Wheat, Sesame</p>	<p>Mexican Omelet Red Mole Sauce Wild Rice Spinach <i>Milk, Fruit</i></p> <p>Contains: Egg, Milk, Soy, Fish (Anchovy), Wheat, Sesame</p>	<p>Pesto Chicken Pasta Green Beans <i>Milk, Peanut Butter, Bread, Fruit</i></p> <p>Contains: Wheat, Egg, Milk, Soy, Treenuts (Pinenuts)</p>	<p>Mediterranean Falafel Spiced Beans & Tomato <i>Milk, Fruit, Pita</i></p> <p>Contains: Wheat, Sesame, Milk</p>
<p>Salisbury Steak Mashed Potatoes Butternut Squash <i>Bread, Milk, Juice</i></p> <p>Contains: Soy, Wheat, Fish (Anchovy)</p>	<p>Hot & Sour Soup with Pork, Tofu, Brown Rice, and Green Vegetable Blend <i>Milk, Fruit</i></p> <p>Contains: Soy, Egg, Wheat, Sesame</p>	<p>Barbeque Chicken Mashed Potatoes Spinach, Corn <i>Milk, Corn Muffin, Fruit</i></p> <p>Contains: N/A</p>	<p>Southwest Omelet Spiced Farro Sweet Potato Fajita Vegetable Blend <i>Milk, Fruit</i></p> <p>Contains: Wheat, Egg, Milk, Soy</p>	<p>Thai Shrimp Soup with Brown Rice, Squash, Edamame, and Vegetable Blend Cottage Cheese, Fruit Contains: Shellfish (Shrimp), Fish (Anchovy), Soy</p>	<p>Chickpea Ratatouille Brown Rice Cauliflower <i>Milk, Fruit</i></p> <p>Contains: Milk</p>	<p>Tuna Noodle Casserole with Lemon Caper Sauce, Spinach, White Beans, and Tomato <i>Milk, Peanut Butter, Crackers, Fruit</i></p> <p>Contains: Wheat, Fish (Tuna), Milk</p>

WEEK 5: March 29-April 4 | May 10-16 | June 21- 27 | August 2- 8

<p>Chicken Poblano Soup with Hominy Spinach <i>Milk, Tortilla, Fruit</i></p> <p>Contains: N/A</p>	<p>Coconut Salmon Brown Rice Broccoli, Edamame, Carrots <i>Milk, Fruit</i></p> <p>Contains: Fish (Salmon, Anchovy), Soy, Shellfish (Shrimp)</p>	<p>Omelet Potato Mushroom Hash Cauliflower <i>Milk, Fruit, Oatmeal, Syrup</i></p> <p>Contains: Soy, Egg, Milk</p>	<p>Pea Risotto with Diced Turkey <i>Milk, Roll, Margarine, Juice</i></p> <p>Contains: Milk, Soy</p>	<p>Vegetarian Meatballs Whole Wheat Pasta Marinara Sauce Italian Vegetables <i>Milk, Fruit</i></p> <p>Contains: Wheat, Milk, Soy</p>	<p>Turkey & Rice Sesame Soy Dressing Sweet Potatoes, Spinach <i>Milk, Fruit</i></p> <p>Contains: Soy, Sesame, Wheat</p>	<p>5-Spice Beef Soup Edamame Vegetable Blend <i>Milk, Roll, Fruit</i></p> <p>Contains: Soy, Sesame, Wheat</p>
<p>Irish Barley Stew with Pot Roast <i>Milk, Bread, Margarine, Fruit</i></p> <p>Contains: N/A</p>	<p>Cheese Omelet Quinoa Kale, Sweet Potato <i>Milk, Oatmeal, Honey, Fruit</i></p> <p>Contains: Egg, Milk, Soy</p>	<p>Pork Adobo Brown Rice, Black Beans Broccoli <i>Milk, Graham Crackers, Fruit</i></p> <p>Contains: Soy, Wheat</p>	<p>Lemon Caper Chicken with Diced Turkey over Whole Wheat Pasta Spinach <i>Milk, Fruit</i></p> <p>Contains: Milk, Wheat</p>	<p>Sunny-Side Eggs Spiced Barley, Rice, & Beans Fajita Vegetable Blend <i>Milk, Fruit</i></p> <p>Contains: Egg, Soy, Milk</p>	<p>Potato Crusted Fish Red Beans Brown Rice, Kale <i>Milk, Fruit</i></p> <p>Contains: Soy, Wheat, Fish (Pollock), Egg</p>	<p>Vegetarian Chili with Brown Rice Shredded Cheese <i>Milk, Bread, Fruit</i></p> <p>Contains: Milk</p>

WEEK 6: April 5-11 | May 17-23 | June 28- July 4 | August 9-15

<p>Turkey Tomato Soup with Wild Rice Cabbage Slaw <i>Milk, Cookies, Fruit</i></p> <p>Contains: Milk</p>	<p>Sunny-Side Eggs Enchilada Sauce Spanish Rice, Beans Spinach <i>Milk, Tortillas, Fruit</i></p> <p>Contains: Soy, Egg, Milk</p>	<p>Teriyaki Pork Farro Mushroom, Green Vegetable Blend <i>Milk, Juice</i></p> <p>Contains: Wheat, Soy, Sesame</p>	<p>Beef & Broccoli Tajine Sauce Brown Rice Edamame, Broccoli <i>Milk, Fruit</i></p> <p>Contains: Soy, Milk</p>	<p>Sunny-Side Eggs Italian Sausage Sweet Potato Fajita Vegetables <i>Milk, Fruit, Bread</i></p> <p>Contains: Egg, Soy, Milk</p>	<p>Miso-Braised Cod Brown Rice Wheat Egg Noodles Italian Vegetables, Beans <i>Milk, Fruit</i></p> <p>Contains: Fish (Cod, Anchovy), Soy, Peanut, Wheat, Sesame</p>	<p>Vegetarian Meatballs Whole Wheat Pasta Alfredo Sauce Italian Vegetables <i>Milk, Fruit</i></p> <p>Contains: Wheat, Soy, Milk</p>
<p>Caramelized Onion & Beef Soup with Gruyere Cheese <i>Milk, Roll, Fruit</i></p> <p>Contains: Wheat, Soy, Milk</p>	<p>Grilled Chicken Bacon & Green Beans Casserole Mashed Potatoes <i>Milk, Fruit, Bread</i></p> <p>Contains: N/A</p>	<p>Carrot Cake Oatmeal with Walnuts <i>Milk, Juice</i></p> <p>Contains: Treenuts (Walnuts), Milk</p>	<p>Shrimp Stir Fry Black Bean Sauce Brown Rice Mixed Vegetables, Peanuts <i>Milk, Fruit</i></p> <p>Contains: Shellfish (Shrimp), Soy, Wheat, Sesame, Peanuts</p>	<p>Chicken & Potato Soup with Parsnips & Kale Yogurt, Pita, Juice</p> <p>Contains: Milk</p>	<p>Turkey Mole Spanish Rice & Beans Italian Vegetables <i>Milk, Fruit</i></p> <p>Contains: Soy, Wheat, Fish (Anchovy), Sesame</p>	<p>Scrambled Eggs Wild Rice Shredded Cheese Spinach <i>Milk, Pita, Fruit</i></p> <p>Contains: Eggs, Milk, Soy</p>

