



HOT 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	Barbecue 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
Carrot Soup with Pulled Chicken Quinoa Salad <i>Cottage Cheese Fruit</i> Contains: N/A	Chicken Pasta Salad Champagne Vinaigrette <i>Milk, Juice</i> Contains: Wheat, Milk	Egg Frittata Peas & Spinach <i>Milk, Roll, Jelly, Fruit</i> Contains: Milk, Egg	Roast Beef Sandwich Garlic Aioli Carrot & Wild Rice Salad Champagne Vinaigrette <i>Milk, Juice</i> Contains: Wheat, Soy, Treenuts (Almonds)	Lemon Chicken Pasta Salad Roasted Lemon Vinaigrette Broccoli, Cauliflower <i>Milk, Fruit</i> Contains: Wheat	Apple Cinnamon Overnight Oats Carrot & Chickpea Salad Honey Vinaigrette <i>V8 Juice, Milk</i> Contains: Milk, Treenuts (Almonds)	Split Pea Soup with Diced Turkey Carrot & Farro Salad <i>Milk, Juice</i> Contains: Milk, Wheat

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
Southwest Shrimp Salad Lemon Vinaigrette Cabbage, Cherry Tomatoes, Corn, Black Beans, Bell Pepper <i>Milk, Fruit</i> Contains: Shellfish (Shrimp), Soy, Egg	Shrimp Noodle Bowl Asian Slaw Miso Peanut Dressing <i>Milk, Roll, Fruit</i> Contains: Wheat, Shellfish (Shrimp), Soy, Sesame, Peanut	Turkey Salad Whole Wheat Bread Coleslaw Blend <i>Milk, Juice</i> Contains: Wheat, Soy, Egg	Falafel Salad Tzatziki Dressing Wild Rice <i>Milk, Fruit</i> Contains: Sesame, Milk, Wheat	Mediterranean Pasta Salad Chickpeas Red Pepper Puree <i>Milk, Fruit</i> Contains: Wheat, Soy, Treenuts (Almonds)	Egg Salad Cauliflower, Vegetable Blend Chimichurri Vinaigrette <i>Milk, Bread, Fruit</i> Contains: Egg, Soy, Milk	Pesto Salad White Beans, Cauliflower, Carrots <i>Yogurt, Oatmeal, Syrup, Fruit</i> Contains: Milk, Soy, Treenuts (Pinenuts)

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 Almonds <i>Cottage Cheese, Juice</i> Contains: Treenuts (Almonds), Milk	Shrimp Stir Fry Black Bean Sauce Brown Rice Mixed Vegetables, Peanuts <i>Milk, Fruit</i> Contains: Shellfish (Shrimp), Soy, Wheat, Sesame, Peanut	Scrambled Eggs Wild Rice Shredded Cheese Spinach <i>Milk, Pita, Fruit</i> Contains: Egg, 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
Apple Cinnamon Overnight Oats Carrot & Chickpea Salad Honey Vinaigrette <i>V8 Juice, Milk</i> Contains: Milk, Treenuts (Almonds)	Egg Salad Cauliflower, Vegetable Blend Chickpeas Chimichurri Vinaigrette <i>Milk, Fruit, Bread</i> Contains: Egg, Soy, Milk	Lemon Chicken Pasta Salad Roasted Lemon Vinaigrette Broccoli, Cauliflower <i>Milk, Fruit</i> Contains: Wheat	Chicken Pasta Salad Champagne Vinaigrette <i>Milk, Juice</i> Contains: Wheat, Milk	Roast Beef Sandwich Garlic Aioli Carrot & Wild Rice Salad Champagne Vinaigrette <i>Milk, Juice</i> Contains: Wheat, Soy, Treenuts (Almonds)	Egg Frittata Peas & Spinach <i>Milk, Roll, Jelly, Fruit</i> Contains: Milk, Egg	Carrot Soup with Pulled Chicken Quinoa Salad <i>Cottage Cheese, Fruit</i> Contains: N/A

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>Shrimp Noodle Bowl Asian Slaw Miso Peanut Dressing <i>Milk, Fruit, Roll</i></p> <p>Contains: Wheat, Shellfish (Shrimp), Soy, Sesame, Peanut</p>	<p>Falafel Salad Tzatziki Dressing Wild Rice <i>Milk, Fruit</i></p> <p>Contains: Sesame, Milk, Wheat</p>	<p>Mediterranean Pasta Salad Chickpeas Red Pepper Puree <i>Milk, Fruit</i></p> <p>Contains: Wheat, Soy, Treenuts (Almonds)</p>	<p>Turkey Salad Whole Wheat Bread Coleslaw Blend <i>Milk, Juice</i></p> <p>Contains: Wheat, Soy, Egg</p>	<p>Southwest Shrimp Salad Lemon Vinaigrette Cabbage, Cherry Tomatoes, Corn, Black Beans, Bell Pepper <i>Milk, Fruit</i></p> <p>Contains: Shellfish (Shrimp), Soy, Egg</p>	<p>Pesto Salad White Beans, Cauliflower, Carrots Yogurt, Oatmeal, Syrup, Fruit</p> <p>Contains: Milk, Soy, Treenuts (Pinenuts)</p>	<p>Split Pea Soup with Diced Turkey Farro & Carrot Salad <i>Milk, Juice</i></p> <p>Contains: Milk, Wheat</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</p> <p><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>Pesto Salad White Beans, Cauliflower, Carrots Yogurt, Oatmeal, Syrup Fruit</p> <p>Contains: Milk, Soy, Treenuts (Pinenuts)</p>	<p>Falafel Salad Tzatziki Dressing Wild Rice <i>Milk, Fruit</i></p> <p>Contains: Sesame, Milk, Wheat</p>	<p>Roast Beef Sandwich Garlic Aioli Carrot & Wild Rice Salad Champagne Vinaigrette <i>Milk, Juice</i></p> <p>Contains: Wheat, Soy, Treenuts (Almonds)</p>	<p>Chicken Pasta Salad Champagne Vinaigrette</p> <p><i>Milk, Juice</i></p> <p>Contains: Wheat, Milk</p>	<p>Egg Frittata Peas & Spinach <i>Milk, Roll, Jelly, Fruit</i></p> <p>Contains: Milk, Egg</p>	<p>Shrimp Noodle Bowl Asian Slaw Miso Peanut Dressing <i>Milk, Fruit</i></p> <p>Contains: Wheat, Shellfish (Shrimp), Soy, Sesame, Peanut</p>	<p>Carrot Soup with Pulled Chicken Quinoa Salad Cottage Cheese, Fruit</p> <p>Contains: N/A</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, Roll</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>Southwest Shrimp Salad Lemon Vinaigrette Cabbage, Cherry Tomatoes, Corn, Black Beans, Bell Pepper <i>Milk, Fruit</i></p> <p>Contains: Shellfish (Shrimp), Soy, Egg</p>	<p>Turkey Salad Whole Wheat Bread Coleslaw Blend <i>Milk, Juice</i></p> <p>Contains: Wheat, Soy, Egg</p>	<p>Egg Salad Cauliflower, Vegetable Blend Chickpeas Chimichurri Vinaigrette <i>Milk, Fruit, Bread</i></p> <p>Contains: Egg, Soy, Milk</p>	<p>Mediterranean Pasta Salad Chickpeas Red Pepper Puree <i>Milk, Fruit</i></p> <p>Contains: Wheat, Soy, Treenuts (Almonds)</p>	<p>Lemon Chicken Pasta Salad Roasted Lemon Vinaigrette Broccoli, Cauliflower <i>Milk, Fruit</i></p> <p>Contains: Wheat</p>	<p>Apple Cinnamon Overnight Oats Carrot & Chickpea Salad Honey Vinaigrette V8 Juice, Milk</p> <p>Contains: Milk, Treenuts (Almonds)</p>	<p>Split Pea Soup with Diced Turkey Farro & Carrot Salad <i>Milk, Juice</i></p> <p>Contains: Milk, Wheat</p>

