



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>Peanut Butter, Crackers, Milk, 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
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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
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WEEK 3: March 15 - 21 | April 26 - May 2 | June 7 - 13 | July 19 - 25 | August 30 & 31

Caramelized Onion and Beef Soup with Gruyere Cheese <i>Milk, Roll, Fruit</i> Contains: Wheat, Soy, Milk	Grilled Chicken Bacon & Green Bean 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 Vegetable, 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 Vegetable <i>Milk, Fruit</i> Contains: Soy, Wheat, Fish (Anchovy), Sesame	Chicken & Potato Soup with Parsnips & Kale Yogurt, Pita, Juice Contains: Milk
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WEEK 4: March 22 - 28 | May 3 - 9 | June 14 - 20 | July 26 - August 1

Chicken Carrot Coconut Soup with Almond Relish <i>Milk, Fruit, Bread</i> Contains: Treenuts (Almonds)	Sunny-Side Eggs Chili Colorado Sauce Quinoa Sweet Potato <i>Milk, Juice</i> Contains: Egg, Soy, Milk, Sesame	Southern Meatloaf Black Eyed Peas Brown Rice Italian Vegetables <i>Milk, Fruit</i> Contains: Wheat, Soy	Teriyaki Salmon Quinoa Green Vegetable Blend Yogurt, Graham Crackers, Fruit Contains: Soy, Fish (Salmon), Wheat, Sesame	Mexican Omelet Red Mole Sauce Wild Rice Spinach <i>Milk, Fruit</i> Contains: Egg, Milk, Soy, Fish (Anchovy), Wheat, Sesame	Pesto Chicken Pasta Green Beans <i>Peanut Butter, Bread, Milk, Fruit</i> Contains: Wheat, Egg, Milk, Soy, Treenuts (Pinenuts)	Mediterranean Falafel Spiced Beans & Tomato <i>Milk, Fruit, Pita</i> Contains: Wheat, Sesame, Milk
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WEEK 5: March 29 - April 4 | May 10 - 16 | June 21 - 27 | August 2 - 8

Chicken Poblano Soup
with Hominy
Spinach
Milk, Tortilla, Fruit

Contains: N/A

Coconut Salmon
Brown Rice
Broccoli, Edamame, Carrots
Milk, Fruit

Contains: Fish (Salmon, Anchovy), Soy, Shellfish (Shrimp)

Omelet
Potato Mushroom Hash
Cauliflower
Milk, Fruit, Oatmeal, Syrup

Contains: Soy, Egg, Milk

Pea Risotto
with Diced Turkey
Milk, Roll, Margarine, Juice

Contains: Milk, Soy

Vegetarian Meatballs
Whole Wheat Pasta
Marinara Sauce
Italian Vegetables
Milk, Fruit

Contains: Wheat, Milk, Soy

Turkey & Rice
Sesame Soy Dressing
Butternut Squash, Corn
Milk, Fruit

Contains: Soy, Sesame, Wheat

5-Spice Beef Soup
Edamame
Vegetable Blend
Milk, Roll, Fruit

Contains: Soy, Sesame, Wheat

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

Turkey Tomato Soup
with Wild Rice
Cabbage Slaw
Milk, Cookies, Fruit

Contains: Milk

Sunny-Side Eggs
Enchilada Sauce
Spanish Rice,
Beans, Spinach
Milk, Tortillas, Fruit

Contains: Egg, Soy, Milk

Teriyaki Pork
Farro
Mushroom, Green
Vegetable Blend
Milk, Juice

Contains: Wheat, Soy, Sesame

Beef & Broccoli
Tajine Sauce
Brown Rice
Edamame, Broccoli
Milk, Fruit

Contains: Soy, Milk

Sunny-Side Eggs
Italian Sausage
Sweet Potato
Fajita Vegetables
Milk, Fruit, Bread

Contains: Egg, Soy, Milk

Miso-Braised Cod
Brown Rice
Green Vegetable Blend
Milk, Fruit, Roll

Contains: Fish (Cod, Anchovy), Soy, Peanut, Wheat, Sesame

Vegetarian Meatballs
Whole Wheat Pasta
Alfredo Sauce
Italian Vegetables
Milk, Fruit

Contains: Wheat, Soy, Milk

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 a Heart Healthy & Diabetic Friendly diet.



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.