



SAN MATEO COUNTY 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

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
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WEEK 2: March 8 -1 4 | April 19 - 25 | May 31 - June 6 | July 12- 18 | August 23 - 29

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, Roll</i> Contains: Egg, Soy, Milk	Potato Crusted Fish Red Beans, Brown Rice, Kale <i>Milk, Fruit</i> Contains: Soy, Wheat, Fish (Pollock), Egg
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WEEK 3: March 15 - 21 | April 26 - May 2 | June 7 - 13 | July 19 - 25 | August 30 & 31

Grilled Chicken Bacon & Green Bean Casserole Mashed Potatoes <i>Bread, Milk, Fruit</i> Contains: N/A	Carrot Cake Oatmeal with Almonds <i>Cottage Cheese, Juice</i> Contains: Milk, Treenuts (Almonds)	Shrimp Stir Fry Black Bean Sauce, Brown Rice Mixed Vegetable, Peanuts <i>Milk, Fruit</i> Contains: Shellfish (Shrimp), Soy, Wheat, Sesame, Peanuts	Scrambled Eggs Wild Rice Shredded Cheese, Spinach <i>Milk, Fruit, Pita</i> Contains: Egg, Milk, Soy	Turkey Mole Spanish Rice & Beans Italian Vegetable <i>Milk, Fruit</i> Contains: Soy, Wheat, Fish (Anchovy), Sesame
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WEEK 4: March 22 - 28 | May 3 - 9 | June 14 - 20 | July 26 - August 1

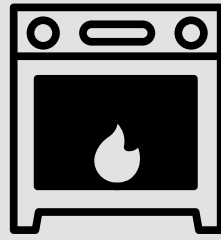
Sunny-Side Eggs Chili Colorado Sauce Quinoa, Sweet Potato <i>Milk, Juice</i> Contains: Egg, Soy, Sesame, Milk	Southern Meatloaf Black Eyed Peas, Brown Rice Italian Vegetables <i>Milk, Fruit</i> Contains: Wheat, Soy	Teriyaki Salmon Quinoa, Green Vegetable Blend <i>Yogurt, Graham Crackers, Fruit</i> Contains: 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	Creamy Pepper Chicken Pasta Green Beans <i>Milk, Fruit, Peanut Butter, Bread</i> Contains: Wheat, Egg, Milk, Soy, Treenuts (Pine Nuts)
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WEEK 5: March 29 - April 4 | May 10 - 16 | June 21- 27 | August 2- 8

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 Butternut Squash, Corn <i>Milk, Fruit</i> Contains: Sesame, Soy, Wheat
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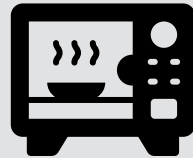
WEEK 6: April 5 - 11 | May 17- 23 | June 28 - July 4 | August 9 - 15

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: Milk, Soy	Sunny-Side Eggs Italian Sausage, Sweet Potato Fajita Vegetables <i>Milk, Fruit, Bread</i> Contains: Soy, Egg, Milk	Miso-Braised Cod Brown Rice Green Vegetable Blend <i>Milk, Fruit, Roll</i> Contains: Fish (Cod, Anchovy), Soy, Peanut, Wheat, Sesame
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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 2/3 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.