



Frozen 2 Meal Daily Plan

September 27, 2026 to March 6, 2027

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

WEEK 1: September 27- October 3 | November 1-7 | December 13-19 | January 24-30

Chicken & Peanut Soup Peas & Potato <i>Milk, Fruit, Whole Wheat Roll</i> Contains: Peanuts, Soy	Sweet Potato Hash Farro Omelet Fajita Vegetables Cottage Cheese, Fruit Contains: Egg, Milk, Soy, Wheat	Salisbury Steak Colorado Sauce Spanish Rice Italian Vegetables <i>Milk, Fruit</i> Contains: Sesame, Soy, Wheat	Tuna Noodle Casserole Whole Wheat Pasta Broccoli <i>Milk, Whole Wheat Roll, Cookie, Fruit</i> Contains: Fish (Tuna), Milk, Wheat	South American Turkey Brown Rice Spinach <i>Milk, Fruit, Cookie</i> Contains: N/A	Omelet Potato & Mushrooms Cauliflower <i>Milk, Oatmeal Packet, Honey, Fruit</i> Contains: Egg, Milk, Soy	Sweet Corn Soup with Chicken <i>Milk, Whole Wheat Bread, Fruit</i> Contains: N/A
Shrimp Stew Spanish Rice Carrots <i>Milk, Fruit, Whole Wheat Roll</i> Contains: Shellfish (Shrimp)	Vegetarian Meatballs Whole Wheat Pasta Alfredo Sauce Italian Vegetables <i>Milk, Fruit</i> Contains: Milk, Soy, Wheat	Omelet with Red Mole Sauce Wild Rice Spinach <i>Milk, Fruit</i> Contains: Egg, Fish (Anchovies), Milk, Sesame, Soy, Wheat	Green Curry Chicken Brown Rice Carrots <i>Milk, 100% Orange Juice</i> Contains: Shellfish (Shrimp), Wheat	Lentil Shepherd's Pie Mashed Potato <i>Milk, Fruit, Whole Wheat Bread, Peanut Butter</i> Contains: N/A	Scrambled Eggs Wild Rice Spinach Shredded Cheese <i>Milk, Fruit, Whole Wheat Pita</i> Contains: Egg, Milk, Soy	Bean & Pork Soup Bulgar Chickpeas, Broccoli <i>Yogurt, Honey, Graham Crackers</i> Contains: Wheat

WEEK 2: October 4-10 | November 8-14 | December 20-26 | January 31- February 6

Vegetarian Chili Brown Rice with Shredded Cheese <i>Milk, 100% Apple Juice</i> Contains: Milk	Cheese Omelet Quinoa Kale, Sweet Potato <i>Milk, Oatmeal, Honey, Fruit</i> Contains: Egg, Milk, Soy	Salsa Roja Pork Brown Rice Corn & Butternut Squash <i>Milk, Fruit</i> Contains: Fish (Anchovies), Sesame, Soy, Wheat	Cod with Grits Stewed Tomatoes <i>Milk, Cookie, Fruit</i> Contains: Fish (Cod), Milk, Wheat	Chicken Fried Rice Brown Rice Sweet Potato, Corn, Peas, & Carrots <i>Milk, Fruit</i> Contains: Egg, Milk, Sesame, Soy, Wheat	Beef Burgundy Mashed Potatoes Green Beans <i>Milk, Whole Wheat Bread, Fruit</i> Contains: Fish (Anchovies), Soy, Wheat	Chicken & Rice Stew with Brown Rice, Potato, Kale, & Corn <i>Milk, Fruit</i> Contains: Soy
Beef Stew with Hominy, Beans, Butternut Squash, & Kale <i>Milk, Fruit</i> Contains: N/A	Korean-style Chicken Brown Rice Kale, Corn, Sweet Potato <i>Milk, Fruit</i> Contains: Sesame, Soy, Wheat	Vegetarian Meatballs Whole Wheat Pasta Marinara Sauce, Italian Veg. Parm/ Romano Cheese <i>Milk, Fruit</i> Contains: Milk, Soy, Wheat	Sunny-Side Eggs with Colorado Sauce Quinoa Sweet Potato <i>Milk, 100% Grape Juice</i> Contains: Egg, Sesame, Soy	Salmon Paella Cauliflower <i>Milk, Fruit, Cookie</i> Contains: Fish (Salmon), Soy	Mixed Grain Porridge Spiced Apples <i>Milk, 100% Prune Juice</i> Contains: Peanuts	Chicken Cornmeal Soup Kielbasa Sausage Kale <i>Milk, Whole Wheat Bread, Fruit</i> Contains: Egg

WEEK 3: October 11-17 | November 15- 21 | December 27-January 2 | February 7-13

Beef & Barley Soup with Potatoes, Carrots & Mixed Vegetables <i>Milk, Bread, Fruit</i> Contains: N/A	Sunny-Side Eggs Rice & Bean Medley Bell Peppers & Onion <i>Milk, Fruit</i> Contains: Egg, Soy	Mediterranean Chicken Curried Lentils Cauliflower <i>Milk, Fruit, Whole Wheat Pita, Cookie</i> Contains: N/A	Orange Soy Glazed Salmon Brown Rice Broccoli <i>Yogurt, Honey, Fruit</i> Contains: Fish (Salmon), Sesame, Soy, Wheat	Mediterranean Falafel Spiced Beans Tomatoes <i>Milk, Whole Wheat Pita, Fruit</i> Contains: Milk, Sesame, Wheat	Chicken& Rice Sesame Soy Dressing Butternut Squash, Corn, Spinach <i>Milk, Fruit</i> Contains: Sesame, Soy, Wheat	Pork Posole with Hominy, Chickpeas, & Cabbage <i>Milk, Whole Wheat Roll, Fruit</i> Contains: Milk
Sunny-Side Eggs Italian Sausage Sweet Potato Fajita Vegetables <i>Milk, Fruit, Whole Wheat Bread</i> Contains: Egg, Soy	Indian Vegetable & Chickpea Curry Brown Rice Cauliflower <i>Whole Wheat Pita, Milk, Fruit</i> Contains: N/A	Potato Crusted Fish Wild Rice Broccoli <i>Milk, Fruit</i> Contains: Egg, Fish (Alaska Pollock), Milk, Soy, Wheat	Creamy Turkey Mashed Potatoes Italian Vegetables <i>Milk, Fruit, Whole Wheat Roll</i> Contains: Milk, Wheat	Spanish Eggs Beans Spanish Rice Spinach <i>Milk, Whole Wheat Tortilla, Fruit</i> Contains: Egg, Soy	Tomato & Beef Stir Fry Brown Rice Potatoes <i>Milk, Fruit</i> Contains: Soy, Wheat	Chicken & Quinoa Soup Sweet Potatoes, Spinach <i>Milk, Fruit, Cookie</i> Contains: N/A

WEEK 4: October 18-24 | November 22-28 | January 3-9 | February 14-20

Shrimp Stew Spanish Rice Carrots <i>Milk, Fruit, Whole Wheat Roll</i> Contains: Shellfish (Shrimp)	Vegetarian Meatballs Whole Wheat Pasta Alfredo Sauce Italian Vegetables <i>Fruit, Milk</i> Contains: Milk, Soy, Wheat	Omelet with Red Mole Sauce Wild Rice Spinach <i>Milk, Fruit</i> Contains: Egg, Fish (Anchovies), Milk, Sesame, Soy, Wheat	Green Curry Chicken Brown Rice Carrots <i>Milk, 100% Orange Juice</i> Contains: Shellfish (Shrimp), Wheat	Lentil Shepherd's Pie Mashed Potato <i>Milk, Fruit, Whole Wheat Bread, Peanut Butter</i> Contains: N/A	Scrambled Eggs Wild Rice Shredded Cheese Spinach <i>Milk, Fruit, Whole Wheat Pita</i> Contains: Egg, Milk, Soy	Bean & Pork Soup Bulgar Chickpeas, Broccoli <i>Yogurt, Honey, Graham Crackers</i> Contains: Wheat
Chicken & Peanut Soup Peas & Potato <i>Milk, Fruit, Whole Wheat Roll</i> Contains: Peanuts, Soy	Sweet Potato Hash Omelet Spiced Farro Fajita Vegetables <i>Cottage Cheese, Fruit</i> Contains: Egg, Milk, Soy, Wheat	Salisbury Steak Colorado Sauce Spanish Rice Italian Vegetables <i>Milk, Fruit</i> Contains: Sesame, Soy, Wheat	Tuna Noodle Casserole Whole Wheat Pasta Broccoli <i>Milk, Whole Wheat Roll, Cookie, Fruit</i> Contains: Fish (Tuna), Milk, Wheat	South American Turkey Brown Rice Spinach <i>Milk, Fruit, Cookie</i> Contains: N/A	Omelet <i>Potato & Mushrooms Cauliflower</i> <i>Milk, Oatmeal Packet, Honey, Fruit</i> Contains: Egg, Milk, Soy	Sweet Corn Soup with Chicken <i>Milk, Whole Wheat Bread, Fruit</i> Contains: N/A

WEEK 5: October 25-31 | November 29- December 5 | January 10-16 | February 21-27

Beef Stew with Hominy, Beans, Butternut Squash, & Kale <i>Milk, Fruit</i> Contains: N/A	Korean-style Chicken Brown Rice Kale, Corn, & Sweet Potato <i>Milk, Fruit</i> Contains: Sesame, Soy, Wheat	Vegetarian Meatballs Whole Wheat Pasta Marinara Sauce, Italian Veg. Parm/ Romano Cheese <i>Milk, Fruit</i> Contains: Milk, Soy, Wheat	Sunny-Side Eggs with Colorado Sauce Quinoa Sweet Potato <i>Milk, 100% Grape Juice</i> Contains: Egg, Sesame, Soy	Salmon Paella Cauliflower <i>Milk, Fruit, Cookie</i> Contains: Fish (Salmon), Soy	Mixed Grain Porridge Spiced Apples <i>Milk, 100% Prune Juice</i> Contains: Peanuts	Chicken Cornmeal Soup Kielbasa Sausage Kale <i>Milk, Whole Wheat Bread, Fruit</i> Contains: Egg
Vegetarian Chili Brown Rice with Shredded Cheese <i>Milk, 100% Apple Juice</i> Contains: Milk	Cheese Omelet Quinoa Sweet Potato & Kale <i>Milk, Oatmeal, Honey, Fruit</i> Contains: Egg, Milk, Soy	Salsa Roja Pork Brown Rice Corn & Butternut Squash <i>Milk, Fruit</i> Contains: Fish (Anchovies), Sesame, Soy, Wheat	Cod with Grits Stewed Tomatoes <i>Milk, Cookie, Fruit</i> Contains: Fish (Cod), Milk, Wheat	Chicken Fried Rice Brown Rice Peas, Corn, Carrots & Sweet Potato <i>Milk, Fruit</i> Contains: Egg, Milk, Sesame, Soy, Wheat	Beef Burgundy Mashed Potatoes Green Beans <i>Milk, Whole Wheat Bread, Fruit</i> Contains: Fish (Anchovies), Soy, Wheat	Chicken & Rice Stew with Brown Rice, Potato, Kale, & Corn <i>Milk, Fruit</i> Contains: Soy

WEEK 6: November 1-7 | December 6-12 | January 17-23 | February 28- March 6

Sunny-Side Eggs Italian Sausage Sweet Potato Fajita Vegetables <i>Milk, Fruit, Whole Wheat Bread</i> Contains: Egg, Soy	Indian Vegetable & Chickpea Curry Brown Rice Cauliflower <i>Whole Wheat Pita, Milk, Fruit</i> Contains: N/A	Potato Crusted Fish Wild Rice Broccoli <i>Milk, Fruit</i> Contains: Egg, Fish (Alaska Pollock), Milk, Soy, Wheat	Creamy Turkey Mashed Potatoes Italian Vegetable Blend <i>Milk, Roll, Fruit</i> Contains: Milk, Wheat	Spanish Eggs Beans Spanish Rice Spinach <i>Milk, Whole Wheat Tortilla, Fruit</i> Contains: Egg, Soy	Tomato & Beef Stir Fry Brown Rice Potatoes <i>Milk, Fruit</i> Contains: Soy, Wheat	Chicken & Quinoa Soup Sweet Potato, Spinach <i>Milk, Fruit, Cookie</i> Contains: N/A
Beef & Barley Soup with Potatoes, Carrots & Mixed Vegetables <i>Milk, Whole Wheat Bread, Fruit</i> Contains: N/A	Sunny-Side Eggs Rice & Bean Medley Bell Peppers & Onion <i>Milk, Fruit</i> Contains: Egg, Soy	Mediterranean Chicken Curried Lentils Cauliflower <i>Milk, Fruit, Whole Wheat Pita, Cookie</i> Contains: N/A	Orange Soy Glazed Salmon Brown Rice Broccoli & Edamame <i>Yogurt, Honey, Fruit</i> Contains: Fish (Salmon), Sesame, Soy, Wheat	Mediterranean Falafel Spiced Beans Tomato <i>Milk, Fruit, Whole Wheat Pita</i> Contains: Milk, Sesame, Wheat	Chicken & Rice Sesame Soy Dressing Butternut Squash, Corn, Spinach <i>Fruit, Milk</i> Contains: Sesame, Soy, Wheat	Pork Posole with Hominy, Chickpeas, & Cabbage <i>Milk, Whole Wheat Roll, Fruit</i> Contains: Milk

