



FROZEN MEAL 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 Omelet Spiced Farro Fajita Vegetables Cottage Cheese, Fruit Contains: Egg, Milk, Soy, Wheat	Salisbury Steak Colorado Sauce Spanish Rice Italian Vegetables Milk, Fruit Contains: Sesame, Soy, Wheat	Tuna Noodle Casserole Whole Wheat Pasta Broccoli Milk, Whole Wheat Roll, Cookie, Fruit Contains: Fish (Tuna), Milk, Wheat	South American Turkey Brown Rice Spinach Milk, Fruit, Cookie Contains: N/A	Omelet Potato & Mushrooms Cauliflower Milk, Oatmeal Packet, Honey, Fruit Contains: Egg, Milk, Soy	Sweet Corn Soup with Chicken <i>Milk, Whole Wheat Bread, Fruit</i> Contains: N/A
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WEEK 2: October 4-10 | November 8-14 | December 20-26 | January 31- February 6

Vegetarian Chili Brown Rice with Shredded Cheese Milk, 100% Apple Juice Contains: Milk	Cheese Omelet Quinoa Sweet Potato & Kale Milk, Oatmeal, Honey, Fruit Contains: Egg, Milk, Soy	Salsa Roja Pork Brown Rice Corn & Butternut Squash Milk, Fruit 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 Milk, Fruit Contains: Egg, Milk, Sesame, Soy, Wheat	Beef Burgundy Mashed Potatoes Green Beans Milk, Whole Wheat Bread, Fruit Contains: Fish (Anchovies), Soy, Wheat	Chicken & Rice Stew with Brown Rice, Potato, Kale, & Corn Milk, Fruit Contains: Soy
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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	Sunnyside Eggs Rice & Bean Medley Bell Peppers & Onion Milk, Fruit 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 Yogurt, Honey, Fruit Contains: Fish (Salmon), Sesame, Soy, Wheat	Mediterranean Falafel Spiced Beans Tomato Milk, Fruit, Whole Wheat Pita Contains: Wheat, Sesame, Milk	Chicken & Rice Sesame Soy Dressing Butternut Squash, Corn, Spinach Milk, Fruit Contains: Sesame, Soy, Wheat	Pork Posole with Hominy, Chickpeas, & Cabbage Milk, Whole Wheat Roll, Fruit Contains: Milk
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WEEK 4: October 18-24 | November 22-28 | January 3-9 | February 14-20

Shrimp Stew Spanish Rice Carrots Milk, Fruit, Whole Wheat Roll Contains: Shellfish (Shrimp)	Vegetarian Meatballs Whole Wheat Pasta Alfredo Sauce Italian Vegetables Fruit, Milk Contains: Milk, Soy, Wheat	Omelet with Red Mole Sauce Wild Rice Spinach Milk, Fruit Contains: Egg, Fish (Anchovies), Milk, Sesame, Soy, Wheat	Green Curry Chicken Brown Rice Carrots Milk, 100% Orange Juice Contains: Shellfish (Shrimp), Wheat	Lentil Shepherd's Pie Mashed Potato Milk, Fruit, Whole Wheat Bread, Peanut Butter Contains: N/A	Scrambled Eggs Wild Rice Shredded Cheese Spinach <i>Milk, Fruit, Whole Wheat Pita</i> Contains: Egg, Milk, Soy	Lentil & Pork Soup Bulgar Chickpeas, Broccoli Yogurt, Honey, Graham Crackers Contains: Wheat
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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 Vegetables Parm/Romano Cheese <i>Milk, Fruit</i> Contains: Wheat, Milk, Soy	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
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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>Pita Whole Wheat, 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
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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 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.