



HOT 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 Fajita Vegetable Blend <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 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
Roast Beef Sandwich and Cauliflower Salad with Honey Vinaigrette <i>Milk, Fruit</i> Contains: Egg, Milk, Soy, Treenuts (Almonds), Wheat	Corn & Chicken Soup Brown Rice with Carrot Side Salad <i>Milk, Fruit</i> Contains: N/A	Falafel Salad over Brown Rice with Creamy Tzatziki Dressing <i>Milk, Fruit</i> Contains: Milk, Sesame, Wheat	Egg & Potato Bake with Corn & Bell Peppers topped with Cheddar Cheese <i>Milk, Whole Wheat Roll, Fruit</i> Contains: Egg, Milk, Soy	Chicken, Wild Rice & Carrot Salad with House Vinaigrette <i>Yogurt, Oatmeal, Honey, Fruit</i> Contains: N/A	Udon Noodle Bowl with Chicken Miso Peanut Dressing <i>Milk, Fruit</i> Contains: Peanuts, Sesame, Soy, Wheat	Southwest Shrimp Salad with Lemon Vinaigrette <i>Milk, Whole Wheat Bread, Fruit</i> Contains: Egg, Shellfish (Shrimp), Soy

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), Soy, Wheat, Sesame	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
Turkey & Superfood Slaw Salad <i>Milk, Fruit, Whole Wheat Roll</i> Contains: Egg, Soy	Tuna Pasta Salad with Romesco Sauce <i>Milk, Fruit</i> Contains: Fish (Tuna), Soy, Treenuts (Almonds), Wheat	Egg & Potato Salad with Parsley Vinaigrette <i>Milk, Whole Wheat Roll, 100% Juice Fruit Punch</i> Contains: Egg	Greek Veg & Bean Salad with Creamy Cottage Cheese Dressing <i>Whole Wheat Pita, Fruit</i> Contains: Milk, Wheat	Overnight Oats Blueberries & Chia Carrot & Cauliflower Salad <i>Fruit, Honey</i> Contains: Milk, Wheat	Shrimp & Tomato Soup Wild Rice <i>Milk, Fruit</i> Contains: Egg, Shellfish (Shrimp), Soy, Milk	Turkey Pasta Salad Broccoli <i>Milk, Fruit</i> Contains: Wheat

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, Whole Wheat Bread, Fruit</i> Contains: N/A	Sunnyside 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
Egg & Potato Bake with Corn & Bell Peppers topped with Cheddar Cheese <i>Milk, Whole Wheat Roll, Fruit</i> Contains: Egg, Milk, Soy	Udon Noodle Bowl with Chicken Miso Peanut Dressing <i>Milk, Fruit</i> Contains: Peanuts, Sesame, Soy, Wheat	Egg & Potato Salad with Parsley Vinaigrette <i>Milk, Whole Wheat Roll, 100% Juice Fruit Punch</i> Contains: Egg	Turkey Pasta Salad Broccoli <i>Milk, Fruit</i> Contains: Wheat	Roast Beef Sandwich and Cauliflower Salad with Honey Vinaigrette <i>Milk, Fruit</i> Contains: Egg, Milk, Soy, Treenuts (Almonds), Wheat	Shrimp & Tomato Soup Wild Rice <i>Milk, Fruit</i> Contains: Egg, Shellfish (Shrimp), Soy, Milk	Chicken, Wild Rice & Carrot Salad with House Vinaigrette <i>Yogurt, Oatmeal, Honey, Fruit</i> Contains: N/A

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

Shrimp Stew Spanish Rice <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	Lentil & Pork Soup Bulgar Chickpeas, Broccoli <i>Yogurt, Honey, Graham Crackers</i> Contains: Wheat
Falafel Salad over Brown Rice with Creamy Tzatziki Dressing <i>Milk, Fruit</i> Contains: Milk, Sesame, Wheat	Turkey & Superfood Slaw Salad <i>Milk, Fruit, Whole Wheat Roll</i> Contains:Egg, Soy	Tuna Pasta Salad with Romesco Sauce <i>Milk, Fruit</i> Contains: Fish (Tuna), Soy, Treenuts (Almonds), Wheat	Overnight Oats Blueberries & Chia Carrot & Cauliflower Salad <i>Fruit, Honey</i> Contains: Milk, Wheat	Chicken & Corn Soup Brown Rice with Carrot Side Salad <i>Milk, Fruit</i> Contains: N/A	Southwest Shrimp Salad with Lemon Vinaigrette <i>Milk, Whole Wheat Bread, Fruit</i> Contains: Egg, Shellfish (Shrimp), Soy	Greek Veg & Bean Salad with Creamy Cottage Cheese Dressing <i>Whole Wheat Pita, Fruit</i> Contains: Milk, Wheat

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
Turkey & Superfood Slaw Salad <i>Milk, Fruit, Whole Wheat Roll</i> Contains: Egg, Soy	Falafel Salad over Brown Rice with Creamy Tzatziki Dressing <i>Milk, Fruit</i> Contains: Milk, Sesame, Wheat	Shrimp & Tomato Soup Wild Rice <i>Milk, Fruit</i> Contains: Egg, Shellfish (Shrimp), Soy, Milk	Udon Noodle Bowl with Chicken Miso Peanut Dressing <i>Milk,Fruit</i> Contains:Peanuts, Sesame, Soy, Wheat	Egg & Potato Salad with Parsley Vinaigrette <i>Milk, Whole Wheat Roll, 100% Juice Fruit Punch</i> Contains: Egg	Turkey Pasta Salad <i>Milk, Fruit</i> Contains:Wheat	Roast Beef Sandwich and Cauliflower Salad with Honey Vinaigrette <i>Milk, Fruit</i> Contains: Egg, Milk, Soy, Treenuts (Almonds), Wheat

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, Whole Wheat Bread, Fruit</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, 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 Potato, Spinach <i>Milk, Fruit, Cookie</i> Contains: N/A
Overnight Oats Blueberries & Chia <i>Carrot & Cauliflower Salad</i> <i>Fruit, Honey</i> Contains: Milk, Wheat	Tuna Pasta Salad with Romesco Sauce <i>Milk, Fruit</i> Contains:Fish (Tuna), Soy, Treenuts (Almonds), Wheat	Chicken & Corn Soup Brown Rice with Carrot Side Salad <i>Milk, Fruit</i> Contains: N/A	Greek Veg & Bean Salad with Creamy Cottage Cheese Dressing <i>Whole Wheat Pita, Fruit</i> Contains: Milk, Wheat	Southwest Shrimp Salad with Lemon Vinaigrette <i>Milk, Whole Wheat Bread, Fruit</i> Contains:Egg, Shellfish (Shrimp), Soy	Chicken, Wild Rice & Carrot Salad with House Vinaigrette <i>Yogurt, Oatmeal, Honey, Fruit</i> Contains: N/A	Egg & Potato Bake with Corn & Bell Peppers topped with Cheddar Cheese <i>Milk, Whole Wheat Roll, Fruit</i> Contains: Egg, Milk, Soy



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.