



**December 2018  
Hot Chilled Meal Plan**

**Menu is subject to change without notice  
All meals include a beverage mix and a paper napkin**

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<p><b>3</b> <b>Cheese Tortellini/ Cheese Sauce</b> Capri Veg Blend Swiss Chard</p> <p><b>PI. Greek Yogurt</b> Oatmeal Swt. Pot.Oat Muffin Margarine Blueberries Crushed Pineapple Milk</p>	<p><b>4</b> <b>Corned Beef</b> Cabbage Parslied Potatoes Diced Carrots</p> <p><b>Hard Cooked Eggs</b> Bagel/ Cr. Cheese Tossed Salad/ Drg Vanilla Pudding <u>(LS/DB – diet)</u> Fruit Juice Fresh Fruit Milk</p>	<p><b>5</b> <b>Chicken Shawarma</b> Creamy Yogurt Sce O'Brien Potatoes Garden Veg. Blend</p> <p><b>Tuna Macaroni Salad</b> Crackers Pita Bread Green Pea Salad Tropical Fruit Fresh Fruit Milk</p>	<p><b>6</b> <b>Potato Crusted Pollock</b> Couscous Whole Kernel Corn Brussels Sprouts</p> <p><b>Chicken Salad</b> WW Bread Coleslaw Fruit Cocktail Fresh Fruit Milk</p>	<p><b>7</b> <b>Pork Adobo</b> Brown Rice Green Peas Asian Veggie Blend</p> <p><b>Peanut Butter Jelly</b> (Ls/Db – diet jelly) WW Bread Lentil Carrot Salad Raisins Fresh Fruit Milk</p>	<p><b>8</b> <b>Baked Chicken/ Mediterranean Sce</b> Quinoa Green Beans</p> <p><b>Cheddar Cheese</b> WW Bread/ Mayo Herbed Potato Salad Pineapple Tidbits Fresh Fruit Milk</p>	<p><b>9</b> <b>Hawaiian Beef Meatballs</b> Brown Rice Broccoli Capri Veg. Blend</p> <p><b>Egg Salad</b> WW Bread Corn O'Brien Sld Tropical Fruit Fresh Fruit Milk</p>
<p><b>10</b> <b>Egg Patty Veggie Sausage Patty</b> English Muffin Collard Greens</p> <p><b>PI. Greek Yogurt</b> Oatmeal Swt Pot Oat Muffin Margarine 5 Bean Salad Tropical Fruit Fresh Fruit Milk</p>	<p><b>11</b> <b>WW Spaghetti with Meat Sauce</b> Whole Kernel Corn Capri Veg. Blend</p> <p><b>Cottage Cheese</b> Bagel Cream Cheese</p> <p>Tropical Fruit Fresh Fruit Milk</p>	<p><b>12</b> <b>Chicken/ Pollock Paella</b> Succotash</p> <p><b>Chicken Salad</b> WW Bread Chickpea Salad Pineapple Tidbits Fresh Fruit Milk</p>	<p><b>13</b> <b>Baked Chicken Breast/Jerk Sce.</b> Cheesy Rice Mixed Vegetables</p> <p><b>Tuna Salad</b> WW Bread Mayo Potato Salad Orange Gelatin <u>Ls/Db Diet Gelatin</u> Raisins Fresh Fruit Milk</p>	<p><b>14</b> <b>Beef Burgundy</b> Oven Roasted Medley Potatoes Green Beans</p> <p><b>Egg Salad</b> WW Bread Edamame &amp; Corn Salad</p> <p>Fresh Fruit Tropical Fruit Milk,</p>	<p><b>15</b> <b>Baked Chicken Breast/Garlic</b> Herb Sauce Sweet Potatoes Green Peas</p> <p><b>Peanut Butter Jelly</b> <u>Ls/Db Diet Jelly</u> WW Bread Coleslaw Fruit Juice Fresh Fruit Milk</p>	<p><b>16</b> <b>LS Turkey Breast/Poultry</b> Gravy Yukon Potatoes Garden Veggie Blend</p> <p><b>Swiss Cheese</b> WW Bread Mayo Corn O'Brien Sld Fruit Juice Fresh Fruit Milk</p>
<p><b>17</b> <b>Cheese Enchiladas/ Ranchero Sauce</b> Italian Veg. Blend</p>	<p><b>18 HOLIDAY DELIVERY Bourbon BBQ Beef</b> Sweet Potatoes Green Beans</p>	<p><b>19</b> <b>Flounder/Lemon Caper Sauce</b> Couscous Green Peas Country Veg. Blend</p>	<p><b>20</b> <b>Cuban Veggie Patty</b> Plantains Capri Veg. Blend</p>	<p><b>21</b> <b>Tandoori Chicken</b> Curried Lentils Ca. Veggie Blend</p>	<p><b>22</b> <b>Pork Chili Verde</b> Parslied Brown Rice Green Peas Diced Carrots</p>	<p><b>23</b> <b>Thai Chicken Curry</b> Jasmine Rice Broccoli Cauliflower</p>

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<p><b>17 Monday</b> <b>Plain Greek Yogurt</b> Plain Oatmeal Swt Pot Oat Muffin Margarine Raisins Potato Salad Fresh Fruit/Milk</p>	<p><b>18 Tuesday</b> <b>Swiss Cheese</b> WW Bread Mayo Calif. Veg. Salad Vanilla Pudding <u>Db/Ls- diet Pudding</u> Peaches Fresh Fruit/ Milk</p>	<p><b>19 Wednesday</b> <b>Hard Cooked Eggs</b> Bagel Cream Cheese Tossed Salad/ Drsg Fruit Juice Fresh Fruit Milk</p>	<p><b>20 Thursday</b> <b>Cranberry Chicken Salad</b> WW Bread Coleslaw Tropical Fruit Fresh Fruit Milk</p>	<p><b>21 Friday</b> <b>Peanut Butter Jelly</b> <u>(Db/Ls: diet jelly)</u> WW Bread Carrot Raisin Salad Fresh Fruit Fruit Juice Milk</p>	<p><b>22 Saturday</b> <b>Tuna Salad</b> WW Bread Corn O'Brien Salad Tropical fruit Fresh Fruit Milk</p>	<p><b>23 Sunday</b> <b>Egg Salad</b> WW Bread Potato Salad Pineapple Tidbits Fresh Fruit Milk</p>
<p><b>24</b> <b>Vegetable Frittata</b> Curried Lentils Capri Veg. Blend  <b>Pl. Greek Yogurt</b> Oatmeal Swt Pot Oat Muffin Margarine 5-Bean Salad Choco Pudding <u>(Db/Ls – diet.)</u> Fresh Fruit Raisins Fresh Fruit/ Milk</p>	<p><b>25 CHRISTMAS</b> <b>Beef Stroganoff</b> Egg Noodles Green Beans Cauliflower  <b>Hard Cooked Eggs</b> Bagel Cream Cheese Herbed Potato Salad Fruit Juice Fresh Fruit Milk</p>	<p><b>26</b> <b>Guatemalan Beef Stew</b> Brown Rice Cal. Veg. Blend  <b>Peanut Butter</b> Jelly (Db/Ls-diet) WW Bread Tossed Salad/ Dressing Tropical Fruit Fresh Fruit Milk</p>	<p><b>27</b> <b>Baked Chicken Thigh/Honey Balsamic Vin Sce.</b> O'Brien Potatoes Spinach  <b>Egg Salad</b> WW Bread Green Pea Salad Sliced Apples Fresh Fruit Milk</p>	<p><b>28</b> <b>Salmon Patty/Creamy Dill Sauce</b> Sweet Potatoes Mixed Veggies  <b>Cottage Cheese</b> Swt Pot Oat Muffin Margarine Coleslaw Pineapple Tidbits Fresh Fruit Milk</p>	<p><b>29</b> <b>Diced Pork/Cherry Sauce</b> Yukon Potatoes Green Peas  <b>Chicken Salad</b> WW Bread Caesar Salad/ Dressing Raisins Fresh Fruit Milk</p>	<p><b>30</b> <b>Chicken A La King</b> Egg Noodles WK Corn Broccoli  <b>Swiss Cheese</b> WW Bread Mayo Lentil Car. Salad Fruit Juice Fresh Fruit Milk</p>
<p><b>31 Holiday Delivery</b> <b>Cottage Pie</b> Whole Kernel Corn Broccoli <b>Pl. Greek Yogurt</b> Oatmeal Swt Pot Oat Muffin Margarine Spinach Salad/ Dressing Peaches Fresh Fruit/ Milk</p>	<div style="text-align: center;">  <h1 style="color: red; font-family: cursive;">Happy Holidays!</h1>  </div>					

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