



**October 2018  
Frozen Meal Plan**

**Menu is subject to change without notice**

<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>	<b>Sunday</b>
<p><b>1 HOLIDAY DELIVERY</b>  <b>Egg Patty</b>  <b>Veggie Sausage Patty</b>            English Muffin            Collard Greens</p> <p><b>Minestrone Soup</b>            Baby Carrots.            Crackers            Fruit Juice            Fresh Fruit            Milk</p>	<p><b>2 Spaghetti with Meat Sauce</b>            WK Corn            Capri Veg. Blend</p> <p><b>Chicken Chilaquilles</b>            Fiesta Veg. Blend</p> <p>Tropical Fruit            Fresh Fruit            Milk</p>	<p><b>3 Chicken/Fish Paella</b>            Succotash</p> <p><b>Veg. Frittata</b>            O'Brien Potatoes            Peaches</p> <p>Wheat Roll            Margarine            Cucumber Salad            Fresh Fruit            Milk</p>	<p><b>4 Baked Chicken</b>            Breast/Jerk Sce.            Cheesy Rice            Mixed Vegetables</p> <p><b>Beef Barley Soup</b></p> <p>Crackers            Tossed Salad/Drsg            Gelatin  <u>LS/Db Diet Gelatin</u>            Raisins            Fresh Fruit            Milk</p>	<p><b>5 Beef Burgundy</b>            Oven Rst Medley            Potatoes            Green Beans</p> <p><b>Diced Pork/ Zesty Orange Sauce</b>            Egg Noodle            Broccoli            Muffin            Margarine            Fresh Fruit            Tropical Fruit            Milk</p>	<p><b>6 Baked Chicken</b>            Breast/Garlic Herb            Sweet Potatoes            Green Peas</p> <p><b>Meatloaf/ Gravy</b>            Whipped Potatoes            Broccoli            Cornbread            Margarine            Fresh Fruit            Fruit Juice            Milk</p>	<p><b>7 LS Turkey Breast/</b>            Poultry Gravy            Yukon Potatoes            Garden Veggie Blend</p> <p><b>Carne Asada</b>            Brown Rice            Mixed Veggies            Tortilla            Corn O'Brien Sld.            Fruit Juice            Fresh Fruit            Milk</p>
<p><b>8 COLUMBUS DAY HOLIDAY</b>  <b>Cheese Enchiladas/</b>            Ranchero Sauce            Italian Veg. Blend</p> <p><b>Macaroni &amp; Cheese</b>            Broccoli</p> <p>Raisins            Fresh Fruit            Milk</p>	<p><b>9 Bourbon BBQ Beef</b>            Sweet Potatoes            Green Beans  <b>Mushroom Omelet</b>            Pancakes/            Peaches            Pancake Syrup  <u>(Db/Ls: diet syrup)</u>            Baby Carrots            Margarine/Fr. Fruit            Pudding  <u>Db/Ls- diet Pudding</u>            Milk</p>	<p><b>10 Flounder/Lemon Caper Sauce</b>            Couscous            Green Peas            Country Veg. Blend</p> <p><b>Kale Soup</b>            (Turkey Ham)            Muffin            LS Veggie Juice            Fruit Juice            Fresh Fruit            Milk</p>	<p><b>11 Turkey Meatball/</b>            Mushroom Poultry            Gravy            Mashed Potatoes            Spinach</p> <p><b>Beef Brisket/</b>            Ginger/PA Sauce            Brown Rice            Green Peas            Braised Red            Cabbage</p> <p>Pineapple Tidbits            Fresh Fruit/ Milk</p>	<p><b>12 Tandoori Chicken</b>            Curried Lentils            Ca. Veggie Blend</p> <p><b>Chili con Carne</b>            Cornbread</p> <p>Crackers  <u>(Db/Ls: unsalted)</u>            California Salad            Fresh Fruit            Fruit Juice            Milk</p>	<p><b>13 Pork Chili Verde</b>            Brown Rice            Sliced Carrots            Green Peas</p> <p><b>Scrambled Eggs</b>            O'Brien Potatoes            Tropical Fruit</p> <p>Fresh Fruit            Milk</p>	<p><b>14 Thai Chicken Curry</b>            Jasmine Rice            Broccoli            Cauliflower</p> <p><b>Beef and Bell Pepper Bowl</b>            WK Corn</p> <p>Tropical Fruit            Fresh Fruit            Milk</p>
<p><b>15 Vegetable Frittata</b>            Lentils Provencal            Capri Veg. Blend</p>	<p><b>16 Chicken A La King</b>            Egg Noodles            Whole Kernel Corn            Broccoli</p>	<p><b>17 Guatemalan Beef Stew</b>            Brown Rice            Ca. Veg. Blend</p>	<p><b>18 Baked Chicken/</b>            Honey Balsamic Sc            O'Brien Potatoes            Spinach</p>	<p><b>19 Salmon Patty/Dill Sauce</b>            Sweet Potatoes            Mixed Veggies</p>	<p><b>20 Diced Pork/Cherry Sauce</b>            Yukon Potatoes            Green peas</p>	<p><b>21 Beef Stroganoff</b>            Egg Noodles            Green Beans            Cauliflower</p>



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<p><b>15 Monday</b> <b>Veggie Burger</b> Mushroom Gravy O'Brien Potatoes Swiss Chard Gelatin <u>(Db/Ls – diet gel.)</u> Prunes Fresh Fruit/ Milk</p>	<p><b>16 Tuesday</b> <b>Italian Bean Soup</b> Muffin Margarine Fruit Juice Fresh Fruit Milk</p>	<p><b>17 Wednesday</b> <b>Scrambled Eggs</b> Waffles Margarine Pancake Syrup <u>(Ls/Db-diet syrup)</u> Tropical Fruit Tossed Sld/Drsg Fresh Fruit Milk</p>	<p><b>18 Thursday</b> <b>Breakfast Burrito/</b> Shredded Cheese Whole Kernel Corn Sliced Apples Fresh Fruit Milk</p>	<p><b>19 Friday</b> <b>Chicken/Wild Rice Soup</b> Saltine Crackers <u>(Ls/Db – unsalted)</u> Chickpea Salad Tropical Fruit Fresh Fruit/ Milk</p>	<p><b>20 Saturday</b> <b>Spaghetti with Beef Sauce</b> Succotash Bread/ Margarine Raisins Fresh Fruit Milk</p>	<p><b>21 Sunday</b> <b>Chicken Patty</b> Waffles Pancake Syrup Ls/Db: Diet Syrup Mandarin Orange Fresh Fruit Milk</p>
<p><b>22</b> <b>Cuban Veggie Patty</b> Plantains Mixed Veggies</p> <p><b>Scrambled Eggs</b> Pancakes/ Syrup Peaches Margarine Fresh Fruit Milk</p>	<p><b>23</b> <b>Diced Chicken/ Pesto Sauce</b> Fettuccini Green Peas Tuscany Veggies</p> <p><b>Broccoli Cheese Soup</b> Muffin Margarine Fresh Fruit Raisins Milk</p>	<p><b>24</b> <b>Stuffed Salmon/</b> Garlic Herb Sauce Butternut Squash Edamame</p> <p><b>Greek Pastitsio</b> Mixed Veggies</p> <p>Spinach Salad/Drsg Pineapple Tidbits Fresh Fruit Milk</p>	<p><b>25</b> <b>BBQ Pork Rib Patty</b> Sweet Potatoes Swiss Chard</p> <p><b>Mexican Turkey Meatball Soup</b> Corn Bread Pudding <u>(LS/DB:Diet Pud.)</u> Margarine Lentil Cilantro Salad Fruit Juice Fresh Fruit/ Milk Milk</p>	<p><b>26</b> <b>Salisbury Steak</b> Brown Gravy Whipped Potatoes Collard Greens Capri Veg. Blend</p> <p><b>Breakfast Burrito</b> Shredded Cheese Tropical Fruit</p> <p>Fresh Fruit Milk</p>	<p><b>27</b> <b>Baked Cod Loin/</b> Vera Cruz Sauce Herbed Rice Spinach Corn</p> <p><b>Egg Patty Sausage Patty</b> English Muffin</p> <p><b>Sliced Cheese</b> Prunes Fresh Fruit/ Milk</p>	<p><b>28</b> <b>Chicken Enchiladas</b> Ranch Beans Summer Veggie Blend <b>Beef Curry</b> Rice Garden Veggie Blend Wheat Roll Margarine Fruit Juice Fresh Fruit/ Milk</p>
<p><b>29</b> <b>Cheese Tortellini/ Cheese Sauce</b> Capri Veggie Blend Swiss Chard</p> <p><b>Cannellini Bean Cacciatore</b> WK Corn Broccoli Fresh Fruit Prunes Milk</p>	<p><b>30</b> <b>Corned Beef</b> Cabbage Parslied Potatoes Diced Carrots</p> <p><b>Chicken Veg. Orzo Soup</b> Muffin/ Margarine Gelatin <u>(LS/DB – diet Gelatin)</u> Fruit Juice Fresh Fruit/ Milk</p>	<p><b>31</b> <b>Chicken Shawarma</b> Creamy Yogurt Sce O'Brien Potatoes Garden Veg. Bld</p> <p><b>Scrambled Eggs</b> Pancakes/ Syrup <u>LS/DB – diet</u> Fruit Cocktail Margarine Tom. Cucum. Sld. Fresh Fruit/ Milk</p>	<p><b>What do these meals have in common?</b> Scrambled Eggs with O'Brien potatoes...Macaroni &amp; Cheese... 3-Bean Chili Frittata with Lentils...Gnocchi Alfredo with Broccoli...Tortellini with Pesto Sauce Cheese Enchiladas...English Muffin, Egg Patty, Veg-Sausage Patty, and Cheese</p> <p>Many of these meals are likely on everyone's list of favorites – in addition, they are some of the nutritionally balanced, vegetarian meals along with plant based proteins, vegetables and whole grains that Meals on Wheels includes in its monthly menu, in particular on Meatless Mondays.</p> <p>There are many benefits to vegetarian meals, whether it is once a week or daily. According to the Academy of Nutrition &amp; Dietetics, appropriately planned vegetarian meals may provide health promoting benefits and disease prevention that includes lowering weight, LDL cholesterol, high blood pressure, risk of cancer, type 2 diabetes, and cardiovascular disease.</p> <p>MOW Nutrition Department</p>			
<p>MOW would like to thank the Office on the Aging of the City and County of San Francisco for their generous support of our program</p>						