



**February 2019
Hot/Chilled Meal Plan**


Menu is subject to change without notice

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<p align="center">Exercise and Osteoporosis</p> <p>Osteoporosis is a disease that weakens bones to the point where they break easily—most often in the hip, spine, and wrist. It is often called the “silent disease” because you may not notice any changes until a bone breaks.</p> <p>Things you can do at any age to prevent weakened bones:</p> <ul style="list-style-type: none"> •Eat foods rich in calcium (milk, cheese, canned fish, dark green leafy vegetables) and vitamin D (eggs, fatty fish, fortified cereals) •Include regular weight-bearing exercise in your lifestyle (walking jogging and dancing) Try some strengthening and balance exercises too. They may help you avoid falls which can cause broken bones. •Stop smoking. Smoking increases loss of bone mass. •Limit how much alcohol you drink. <p><i>Source: Nat'l Inst. on Aging</i></p>				<p>1 Salmon Patty /Dill Sauce Sweet Potatoes Mixed Veggies</p> <p>Cottage Cheese WW Muffin Margarine Coleslaw Salad Pineapple Tidbits Fresh Fruit Milk</p>	<p>Pork Loin /Cherry Sauce Yukon Potatoes Green Peas</p> <p>Chicken Salad WW Bread Caesar Salad/Drsg Raisins Fresh Fruit Milk</p>	<p>3 Beef Stroganoff Egg Noodles Green Beans Cauliflower</p> <p>Hard Ckd. Eggs Bagel Cream Cheese Herbed Potato Salad Fruit Juice Fresh Fruit/ Milk</p>
<p>4 Vegetarian Chili Cornbread Collard Greens</p> <p>Greek Yogurt Oatmeal Tropical Fruit Corn and Carrot Salad Peaches Milk</p>	<p>5 Baked Chicken Breast Mango BBQ Sauce Sweet Potatoes Mixed Veggies</p> <p>Swiss Cheese WW Bread /Mayo 3 Bean Salad Fruit Juice Fresh Fruit Milk</p>	<p>6 Triple Stack Lasagna Beef Meat Sauce WK Corn Green Beans</p> <p>Hard Ckd. Eggs WW Bread Mayo Herbed Potato Salad Raisins Fresh Fruit Milk</p>	<p>7 Salmon Patty/ Spiced Pear Chutney Herbed Rice Spinach</p> <p>Chicken Salad Pita Bread Lentil and Carrot Sld Mandarin Oranges Fresh Fruit Milk</p>	<p>8 Beef Brisket/Brown Gravy Yukon Potatoes Capri Veg. blend</p> <p>Cheddar Cheese WW Bread Mayo Tuscan Bean Salad Fruit Juice Fresh Fruit Milk</p>	<p>9 Baked Chicken/ Lemon Caper Sauce O'Brien Potatoes Winter Veggies</p> <p>Egg Salad WW Bread German Coleslaw Pudding <i>(Db/Ls – Diet)</i> Pineapple Tidbits Fresh Fruit Milk</p>	<p>10 Diced Pork/ Sesame Sauce Brown Rice <u>Diced Carrots</u></p> <p>Peanut Butter Jelly WW Bread Cucumber Salad Fruit Juice Fresh Fruit Milk</p>
<p>11 Holiday Delivery Cheesy Bake Green Beans</p>	<p>12 Baked Chicken/ Ranchero Sauce Scalloped Potatoes Ca. Veg. Blend</p>	<p>13 Beef Stew w/ Root Vegetables Parslied Potatoes Mixed Veggies</p>	<p>14 Pork Chile Verde Brown Rice Country Veg. Blend</p>	<p>15 Salisbury Steak/ Brown Gravy Yukon Potatoes Collard Greens</p>	<p>16 Cod Loin/ Lemon Butter Sauce Herbed Rice Waxed Beans</p>	<p>17 Chicken with Basil Alfredo Sauce Penne Pasta</p>

Our menu meets 2/3 dietary reference intake (DRI) for all target nutrients except for Vit. D & Potassium. MOW dietitians will provide nutrition education handout to ensure you are meeting your daily Vit. D and potassium needs. 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.

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<p>11 Monday Greek Yogurt Oatmeal WW Muffin Margarine Edamame/Corn Salad Fresh Fruit X 2 Milk</p>	<p>12 Tuesday Peanut Butter Jelly WW Bread 3 Bean Salad Fruit Juice Fresh Fruit Milk</p>	<p>13 Wednesday Egg Salad WW Bread Carrot Raisin Salad Fruit Juice Fresh Fruit Milk</p>	<p>14 Thursday Cottage Cheese WW Muffin Margarine Corn and Lentil Salad Tropical Fruit Fresh Fruit Milk</p>	<p>15 Friday Chicken Salad WW Bread Chickpea Salad Raisins Fresh Fruit Milk</p>	<p>16 Saturday Swiss Cheese WW Bread Mayo Coleslaw Fruit Juice Fresh Fruit Milk</p>	<p>Green Peas Diced Carrots 17 Sunday Asian Tuna Salad Crackers Gelatin <i>(Db/Ls Diet Gel.)</i> Pineapple Tidbits Hawaiian Mac. Fresh Fruit/ Milk</p>
<p>18 President's Day Holiday Veggie Frittata O'Brien Potatoes Tropical Fruit</p> <p>Greek Yogurt Oatmeal WW Muffin Margarine Cucumber Salad Pineapple Tidbits Fresh Fruit Milk</p>	<p>19 Baked Pollock/ Dill Sauce Lemon Orzo Green Peas</p> <p>Swiss Cheese WW Bread Mayo Kidney Bean Salad Fruit Juice Fresh Fruit Milk</p>	<p>20 Beef Taco Garden Veggie Blend</p> <p>Cranberry Chicken Salad WW Bread Super Food Slaw Tortilla/Taco Sauce Raisins Fresh Fruit Milk</p>	<p>21 Chicken/ Pumpkin Seed Mole Sauce Herbed Rice Mixed Veggies</p> <p>Peanut Butter Jelly WW Bread Ca. Veggie Salad Fresh Fruit Pineapple Tidbits Milk</p>	<p>22 Diced Pork/Apricot Honey Sauce Sweet Potatoes Spinach</p> <p>Hard Cooked Eggs WW Bread Mayo Chickpea Salad Fruit Juice Fresh Fruit Milk</p>	<p>23 Diced Chicken/ Mild Green Curry Sauce Herbed Rice Capri Veggie Blend Tuna Salad Crackers <i>(Db/Ls –unsalted)</i> Corn & Lentil Salad Pudding <i>(Db/Ls – Diet)</i> Applesauce Fresh Fruit/ Milk</p>	<p>24 Hamburger Baked Beans Mixed Veggies</p> <p>Cottage Cheese Lettuce/Tomato Hamburger Bun Mayo WW Muffin Margarine Peaches Fresh Fruit Milk</p>
<p>25 Cannellini Bean Cacciatore Quinoa Winter Veg. Blend Green Beans Greek Yogurt Oatmeal WW Muffin Margarine Fruit Juice Fresh Fruit Milk</p>	<p>26 Baked Chicken/ Cr. Dijon Sauce Whipped Potatoes Brussels Sprouts</p> <p>Peanut Butter Jelly WW Bread Super Food Slaw Fruit Juice Fresh Fruit Milk</p>	<p>27 Spaghetti w/ Meat Sauce Mixed Veggies</p> <p>Tuna Salad WW Bread Caesar Salad/ Ranch Dressing Raisins Fresh Fruit Milk</p>	<p>28 Pollock/Vera Cruz Sauce Herbed Rice Broccoli</p> <p>Swiss Cheese WW Bread Mayo German Coleslaw Tropical Fruit Fresh Fruit Milk</p>	<div align="center">  <p>HAPPY VALENTINE'S DAY - February 14</p> </div>		

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